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SWITCHED AT BIRTH
RUSSIAN FAMILIES AWARDED $200,000 FOR MIX-UP {page 8}

WINEHOUSE
NEW ALBUM CALLED FITTING TESTAMENT TO SINGER {page 15}

BLACK IS BACK
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See Page 3

TORONTO metro®
Tuesday, November 1, 2011
www.metronews.ca
News worth sharing.

Warrior. Princess

▶ Gayle Hurmuses, centre, displays some cookies she baked, at city hall yesterday.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Tricked: Mayor wasn't in to accept treat

Gayle Hurmuses organized a group of a dozen protesters dressed in the spirit of Marg Delahunty, Warrior Princess, from This Hour has 22 Minutes, rallying them with the cry: "You can take our services, but you can't take a joke," with reference to the character's "interview" with Mayor Rob Ford last week. The protesters couldn't trick or treat their way into Ford's office. The mayor was flying back from Mexico, where he attended the closing of the Pan Am Games.

Victim had 2nd identity

Vucovic and 'person of interest' Costa romantically involved with same woman

Did the gunman who opened fire on upscale, normally tranquil Grandvista Crescent in Vaughan set out to murder Alexander Vucovic, a wealthy Yorkville jeweller, cocaine importer and entertainment district regular?

Or was the shooter's target Kosto Barjaktarovic, a West Coast high-end car thief, gangster, suspected hit man and police snitch?

Whatever the case, the result of the July 2 homicide was the same, since Vucovic and Barjaktarovic were the same person.

Before he moved to the GTA, Vucovic, 37, lived in Vancouver under the name Kosto Barjaktarovic, associating with Indo-Canadian gangsters involved in a bloody feud. He changed his name to Vucovic after testifying in 1995 against West Coast gangsters in a murder trial.

Someone who might be able to help untangle things for York Regional Police homicide investigators is Michael Costa of Woodbridge, but he is no longer believed to be in Canada.

Torstar has learned that Costa and Vucovic were romantically involved with the same woman in the GTA for several months. Costa and the woman were frequently seen in the downtown entertainment district, which Vucovic also frequented.

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Stolen truck chase grips viewers

A five-hour police pursuit of a stolen flatbed truck ended with the arrest of one man and a cliffhanger for thousands of television viewers.

Just as the driver pulled over for police on the Queen Elizabeth Way near Burlington at around 1:20 p.m., the Ministry of Transportation's live camera feeds were shut down.

If only CP24's helicopter hadn't run out of gas and been forced to land, viewers watching with bated breath wouldn't have been disappointed.

The ministry has written agreements with the media that its camera feeds are to report on traffic, not other situations, said spokesman Bob Nichols in an email.

The ministry's policy is to end live camera feeds if there is a "potential for violence" or if an individual might be identified, Nichols said.

The rig was stolen from a Niagara region truck stop at around 4 a.m. No one was hurt in the chase.

TORSTAR NEWS SERVICE

SCREENGRAB

▶ A screengrab of a stolen truck followed by police cruisers on the QEW yesterday.

Dropout risk rises for child immigrants over 9: Study

Older kids may have emotional and developmental issues that make integration more difficult

Lorna Rivera's two sons moved to Canada from the Philippines at the same time, in December.

While it took eight-year-old Phillip no time at all to adjust to his Grade 2 class at Saint Elizabeth Catholic School, it has been a different story for 16-year-old Rencis at Bishop Marrocco Catholic Secondary School.

"My younger one is learning so quickly, but the older one doesn't even want to go to school," said Rivera.

The Toronto mother has every reason to be concerned.

According to a Statistics Canada study, the chance of immigrant children dropping out of high school rises the older they are when they arrive here.

"More important to their success is how old they (are when they) come, not where they come from," said author Miles Corak, an economist with the University of Ottawa's graduate school of public and international affairs.

TORSTAR NEWS SERVICE

Trouble for teens

▶ More than one in five, or 21.6 per cent of those arriving here at age 15 drop out of high school.

Scary. Threat

▶ Halloween was ruined for Shawn Hamilton's costume shop in Etobicoke yesterday when the bomb squad was called in for the third time in four days.

ANITA LI/TORSTAR NEWS SERVICE

Threats 'terrorized' shop owner

The bomb squad evacuated the Amazing Party Store on Islington Avenue yesterday to investigate a suspicious package. Owner Shawn Hamilton says he lost more than $300,000 in business after a series of scares kept the store closed for most of the weekend before Halloween. "Myself personally, my family, my staff and my customers were terrorized from the suspicious packages that were left at our store," Hamilton said yesterday.

1 news

A young Inuit walrus hunter tears up as he recalls how his life was saved by a rescue team that lost one of its members. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Footage of the Gatineau cattle-shooting incident that has enraged an animal-rights group. Video at metronews.ca/video

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The City of Toronto holds public consultations as one way to engage residents in the life of their city. Toronto thrives on your great ideas and actions. We invite you to get involved.

Changes to Front Street at Union Station

Municipal Class Environmental Assessment Public Information Centre #2

We invite you to drop in to view project materials and speak one-on-one with the project team at this Public Information Centre:

Date: Thursday, November 3, 2011
Time: 3 p.m. to 7 p.m.
Location: Metro Hall, 55 John St. Room 309

Background
Union Station is the busiest transportation hub in Canada, serving upwards of 200,000 passengers every business day. As GO Transit expands, this number is expected to double in the next 10-15 years. To accommodate the additional pedestrian traffic crossing Front Street and to enhance the historic Station's civic setting, the City of Toronto is studying options to reconfigure Front Street West from Bay Street to York Street.

Proposed New Design
This second Public Information Centre will present the Preliminary Preferred Design, which includes:

- A grand civic plaza with new lighting, additional seating and granite pavement treatment
- A "table top" mid-block pedestrian crossing spanning the width of the plaza
- Significant sidewalk expansion with wider crosswalks at intersections and minimized crossing distances
- Modified lay-by-taxi, bus and private vehicle parking arrangements on both sides of the street
- Vehicle lanes reduced from two typical travel lanes in each direction to one wider travel lane in each direction

The Process
The study is being carried out as a Schedule C Municipal Class Environmental Assessment (Class EA), which includes identifying the problem/opportunity to be addressed, developing and evaluating a reasonable range of alternative solutions, and providing opportunities for public input at key stages.

We would like to hear from you.
Public consultation is an important part of this study. If you would like more information, please contact:

Jason Diceman
Public Consultation Coordinator
City of Toronto
Metro Hall, 19th Fl., 55 John St.
Toronto, ON M5V 3C6

Tel: 416-338-2848
Fax: 416-392-2974
E-mail: FrontStUnion@toronto.ca
Visit: toronto.ca/union_station/front

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.

KEITH BEATY/TORSTAR NEWS SERVICE

▶ Henry Battah, an 84-year-old retired iron worker who helped build the CN Tower, returns as an octogenarian to walk around its edge.

You're never too old for an adventure

Senior who once helped build CN Tower returns for EdgeWalk ◐ Henry Battah used to work more than 300 metres above city without safety harness

While everyone was looking at their EdgeWalk guide, Henry Battah was glancing down.

"Henry thinks he's working," said his wife Jeanne, watching her husband on close-circuit screens inside the CN Tower. "That's what he's doing, looking around at the streets, sizing up the place."

In 1973, Henry Battah was a 46-year-old ironworker who helped build the CN tower. Yesterday, he came back to the tower to walk the Edge. The main difference, to Battah, was only age.

When the retiree arrived, closely cropped hair under a ball cap, he thought the EdgeWalk looked "like a sidewalk."

Don't miss out

▶ EdgeWalk was supposed to close yesterday, but because of good weather and demand, it will remain open until Nov. 13

"If I have to wear a harness I will," he said, mildly aware of the numerous safety devices that accompany the thrill.

Thirty-eight years ago, there was no EdgeWalk base camp with souvenir photos and televisions. There were cables, and a bunch of guys screaming and hollering. Slightly different ambience.

Of course, it was a job, not an attraction. For the practical-minded Battah, the change was evident in the fact that his standard-issue EdgeWalk jumpsuit didn't have pockets.

"You couldn't work with this on. Can't do nothing with this on, can't even chase women," he joked to the guides helping him into the harness.

Once on the edge, more securely fastened than any other time in his life, he leaned over, only once, on account of his sore back.

Inside the tower, the rest of his family watched on close circuited televisions: "Look at pepérè!"

After the walk, Battah said he wasn't nervous or scared. His favourite part was looking at the water.

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No proof of sexual harassment: Officer

After five-month break, hearing resumes for staff inspector suspended with pay since 2008

A senior Toronto police officer says he saw no evidence former Staff Insp. Steve Izzett was sexually harassing a subordinate officer in the intelligence unit.

However, Insp. Stephen Irwin told Izzett's disciplinary hearing it was "a penny dropping for me" when he learned of the allegation through the rumour mill. The complainant's identity is protected by a publication ban.

While the complainant "constantly expressed an interest" in taking over Irwin's job on a temporary basis, Izzett insisted she wasn't interested and dithered on whether to move her, Irwin said.

"He's a person that often is very clear and straightforward and makes good, fast decisions," Irwin said. "This seemed so contrary to all that I knew and observed of Staff Insp. Izzett. It seemed so personal."

The proceeding will sit only this week before adjourning again until Feb. 13.

Prosecutors have accused Izzett, 47, of trying to drag things out until 2013 when he can retire with full pension. TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Staff Insp. Steve Izzett

Public Notice Regarding the Ministry of Health and Long-Term Care's ("ministry") Collection, Use and Disclosure of Information under the *Narcotics Safety and Awareness Act*, 2010

The *Narcotics Safety and Awareness Act*, 2010 ("Act") authorizes the Minister of Health and Long-Term Care ("Minister") and the Executive Officer of Ontario Public Drug Programs ("Executive Officer") to collect, use and disclose information, including personal information, that relates to the prescribing and dispensing of narcotics and controlled substances ("monitored drugs") in Ontario, for the purposes of the Act. The purposes of the Act are to

- promote appropriate prescribing and dispensing practices for monitored drugs
- identify and reduce the abuse, misuse and diversion of monitored drugs, and
- reduce the risk of addiction and death resulting from the abuse or misuse of monitored drugs

Section 8 of the Act permits the Minister and the Executive Officer to direct a prescriber (e.g., doctor, dentist), a dispenser (e.g., pharmacist) or an operator of a pharmacy to disclose information about the monitored drugs they prescribe or dispense, to the Minister or the Executive Officer. For example, the Minister and the Executive Officer may direct the disclosure of information regarding

- the prescriber of the monitored drug (name, address, registration number)
- the person for whom the monitored drug is prescribed (name, address, date of birth, gender, unique number appearing on a form of identification listed on the ministry's website)
- the monitored drug itself (name, strength, quantity, length of therapy, directions for use, drug identification number, prescription number, date of prescription, date of dispensing)

In addition, if a person who has been prescribed a monitored drug authorizes someone else to pick up the drug from a dispenser, the Minister or the Executive Officer may direct a dispenser to disclose certain personal information about that person to the Minister or the Executive Officer (i.e., the person's name and address, and the distinguishing number appearing on a form of identification that verifies the person's name and address).

Once this information has been collected, the Minister and Executive Officer may only use or disclose it as permitted or required by the Act, the *Freedom of Information and Protection of Privacy Act*, and the *Personal Health Information Protection Act*, 2004. For example, subsection 5.(5) of the Act permits the Minister and the Executive Officer to disclose personal information about a person who has been prescribed a monitored drug, to a prescriber, a dispenser or an operator of a pharmacy who has prescribed or dispensed such a drug to the person in the past.

The Ministry's statement of information practices, available at **www.ontario.ca/privacy**, describes how and for what purposes the Ministry may use and disclose personal health information in accordance with the *Personal Health Information Protection Act*, 2004.

For more information, please call the Ministry toll-free or visit our website.

- Telephone INFOline at: 1-866-532-3161 (Toll-free in Ontario only) or TTY 1-800-387-5559
- Visit the Ministry's website at: **www.ontario.ca/narcoticsstrategy**

Ontario

Canadians watching more TV, movies online: Study

When it comes to TV and movies, Canadians want to be able to watch what they want when they want, on the device of their choice, whether it's a TV, a computer, a tablet or a smartphone, a new study says.

While the Canadian online video market is still in its infancy, viewing habits are changing quickly, particularly among younger people and men, the report by market research firm IDC Canada found.

Many consumers are going to free sites run by broadcasters, which offer limited exposure to popular shows. Free illegal downloading of movies and TV shows is also common, said the report's author.

But consumers are also offered a wider range of legitimate paid online video services, from Netflix to YouTube, according to the report.

From none a few years ago, the number of paid online video services in Canada has jumped to 11, the report notes. That includes traditional cable and satellite TV providers, such as Bell, Rogers, Shaw and Vidéotron, as well as new entrants, such as iTunes and CinemaNow.

Cable and satellite TV companies have responded so far by offering their traditional high-paying subscribers additional content online.

TORSTAR NEWS SERVICE

Study results

The study, based on an online survey conducted in September, found:

75 per cent of those surveyed accessed video or audio content online.

43 per cent prefer to stream and watch immediately, while 33 per cent prefer to download and watch later.

8.3 per cent of males and 11.1 per cent of females in the 13 to 17 year-old age group never watched a video online.

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40	$12	$11	$16	$13	$24	$19	$41	$29
45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$96	$67
55	$25	$19	$53	$37	$89	$66	$168	$123
60	$37	$28	$86	$58	$150	$110	$310	$212
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‘Money just can’t ease the pain’

Russian switched-at-birth families awarded $200K

KOMSOMOLSKAYA PRAVDA/THE ASSOCIATED PRESS

▶ Anna, left, and Irina were switched at birth 12 years ago.

It was more money than either family has ever seen — but it’s still not clear if it can make the pain go away.

A court awarded two Russian families $100,000 each in compensation yesterday from a maternity home that accidentally switched their daughters at birth. The parents said they could use the money to house the girls, now 12, next to each other.

The story has captivated Russia ever since the families learned about the switch several months ago.

During divorce proceedings, one man refused to support his daughter Irina — who has dark hair, dark eyes and olive skin — because she didn’t look like him. A DNA test then revealed that neither he nor the mother, Yuliya Belyaeva, were Irina’s biological parents.

An official investigation then tracked down Irina’s biological father, Naimat Iskanderov, who had been raising Belyaeva’s own child, Anna, in a neighbouring town.

Belyaeva said the news still makes her shiver.

In video broadcast on Russia’s NTV television, Belyaeva laughed with joy yesterday after the judge delivered the verdict in a courtroom in Kopeisk, an industrial town of 140,000 in Russia’s Ural Mountains, but Iskanderov remained stone-faced.

Fair-skinned Anna strongly resembles her biological mother Belyaeva, while Irina looks like her father Iskanderov, an ethnic Tajik born in the Central Asian and mostly Muslim ex-Soviet state of Tajikistan.

THE ASSOCIATED PRESS

Population. Milestone

▶ Nurses hold newborns in Sidon, Lebanon, yesterday.

MOHAMMED ZAATARI/THE ASSOCIATED PRESS

Seven billion earthlings

As of yesterday, there were seven billion people sharing Earth’s land and resources, according to the UN Population Fund. It is impossible to pinpoint the arrival of the globe’s seven billionth occupant, but the UN chose yesterday to mark the day with a string of festivities worldwide, and a series of symbolic seven billionth babies being born. The UN estimates the world’s population will reach eight billion by 2025 and 10 billion by 2083.

Sis reveals Steve Jobs’ last words

Steve Jobs’ final moments were captured by the late Apple CEO’s sister Mona Simpson in her eulogy that was provided to the New York Times.

No one will know for sure if Jobs had suddenly had another great idea as he passed on or was commenting on where he was about to go.

An accomplished novelist, Simpson delivered the Oct. 16 eulogy for a brother she met for the first time when she was in her mid-20s. Jobs was given up for adoption as an infant.

TORSTAR NEWS SERVICE

Oh wow

▶ On his deathbed, Apple founder Steve Jobs stared into the future as he had so many times in life and uttered these final words: “Oh wow, oh wow, oh wow.”

McCain
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60 could face charges in Vancouver riot

Charges include break-and-enter, assault, participating in a riot

PHYLICIA TORREVILLAS
@METRONEWS.CA
METRO CANADA IN VANCOUVER

JENNIFER GAUTHIER/METRO FILE PHOTO

▶ Vancouver police say they expect to charge up to 700 people for taking part in the June 15 Stanley Cup riot.

Crown's court

- A team of five Crown lawyers must assess the charges before they are laid, Crown spokesperson Neil MacKenzie said.
- **Police reports must be** reviewed before the charges are approved, he said.

Nearly five months after Stanley Cup mayhem ripped through the streets of Vancouver, police have announced the first 163 charges recommended against 60 people who allegedly took part in the riot.

"This is just the beginning," Jim Chu, the Vancouver Police chief, said yesterday, adding some of the charges include mischief, break-and-enter and participation in a riot.

Chu stressed that the 50 men and 10 women are only the beginning of those who will face consequences for looting, burning cars and damaging property after the June 15 riot.

The chief also took aim at those who criticized the length of the investigation, saying that police thoroughness has led to more substantial charges in several cases.

Image-analysis technology allowed police to lay 37 additional charges against the first 60 suspects, some of whom initially turned themselves in and apologized for a single crime, Chu said.

In fact, video evidence linked some of the suspects to multiple acts of looting and vandalism.

Chu said more than 15,000 criminal acts were tagged in the video database. Police expect to charge up to 700 people for taking part in the riot.

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Travel Nov 26 - Dec 3/wg + taxes & fees $359

St Maarten $99
Travel Nov 5 - Nov 12/c6 + taxes & fees $320

London $99
Travel Nov 11 - Nov 18/ts + taxes & fees $522

Panama $169
Travel Nov 28 - Dec 5/c6 + taxes & fees $311

Victoria one-way $209
Travel Nov 12/ac + taxes & fees $89

Lima $489
Travel Nov 16 - Nov 30/ua/co + taxes & fees $447

Honolulu $558
Travel Nov 8 - Nov 23/aa + taxes & fees $128

Shanghai $629
Travel Nov 16 - Nov 30/ua + taxes & fees $503

Christmas All-inclusives

Punta Cana 7 Nights 4-Star **$546**
Blau Natura Beach Eco Resort + taxes & fees $388
Departs Dec 19/nol/c6. **UPGRADE** to the 5-star Riu Bambu for $26 per night.

Costa Rica 7 Nights 4-Star $697
Allegro Papagayo + taxes & fees $310
Departs Dec 19/nol/c6. **UPGRADE** to the 5-star Riu Guanacaste for $93 per night.

Cancun 7 Nights 4-Star $795
Oasis Cancun + taxes & fees $347
Departs Dec 19/swg/wg.

Ski Vacations

Blue Mountain 3 Nights $204
Blue Mountain Inn taxes & fees included
INCLUDES central accom connected to Blue Mountain Village. Travel Dec 9, 12, 16/ggv.

Banff 3 Nights 4-Star + Lift Pass $459
Buffalo Mountain Lodge taxes & fees included
INCLUDES accom at the base of Tunnel Mountain and 2-day Banff/Lake Louise lift pass. Travel Dec 9/ggv.

Whistler 4 Nights 4-Star + Lift Pass $459
Summit Lodge taxes & fees included
INCLUDES slope side accom on Blackcomb Mountain and 3-day Whistler/Blackcomb lift pass. Travel Dec 9/ggv.

USA

Las Vegas Air + 4 Nights **$335**
Imperial Palace + taxes & fees $309
INCLUDES accom on the Strip. Departs Nov 27/swg/wg. **UPGRADE** to the 4-star Luxor for $13 per night.

Chicago Air + 3 Nights $389
Essex Inn + taxes & fees $109
INCLUDES central accom on Cultural Mile, overlooking Grant Park and Lake Michigan. Departs Dec 2, 9, 16/ggv/dl. **UPGRADE** to 4-star Westin for $26 per night. **ADD** grand city tour for $44.

California Family Special, Air + Car $539◊
taxes & fees included
INCLUDES airfare into San Francisco, return from San Diego and 7-day economy car rental with unlimited mileage. Price per person based on family of 4. Departs Nov 18, Dec 2, 9/ggv/dl.

New York City Air + 2 Nights $554
Excelsior Hotel + taxes & fees $101
INCLUDES accom in the fashion district close to Central Park. Departs Nov 14, 21, 29/ggv/pd. **ADD** outlet shopping for $43.

Phoenix Air + 7 Nights $939
Point Hilton Tapatio Cliffs + taxes & fees $119
INCLUDES scenic accom in the mountains. Departs Dec 2, 9, 16/ggv/dl. **ADD** sealife aquarium for $21.

Cruises

Bahamas 4-Night Cruise **$179**
Majesty of the Seas + taxes & fees USD $92
CRUISE roundtrip Miami and visit Nassau, CocoCay and Key West. Sails Nov 28/rci.

Mexican Riviera
7-Night Cruise USD $399
Carnival Splendor + taxes & fees USD $52
CRUISE roundtrip Los Angeles and visit Cabo San Lucas (overnight) and Puerto Vallarta. Sails Feb 5/ccl.

Eastern Caribbean
7-Night Cruise USD $429
Carnival Liberty + taxes & fees USD $88
CRUISE roundtrip Miami and visit St Thomas, San Juan and Grand Turks. Sails Dec 10/ccl.

Mediterranean 10-Night Cruise $499
Norwegian Jade + taxes & fees $61
CRUISE Civitavecchia roundtrip and visit Katakolon, Piraeus, Izmir and Alexandria (overnight). **BONUS** Onboard credit per stateroom included. Sails Nov 16/ncl.

Transatlantic 13-Night Cruise USD $539
Grandeur of the Seas + taxes & fees USD $94
CRUISE Miami to Malaga and visit Labadee, San Juan, St Maarten and Tenerife. Sails Apr 18/rci.

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Model fired for praising Gadhafis

German firm begins removing Hessler's face from all publicity material after she refused to back down

A German company has cancelled a major advertising contract with an Italian-American model after she described her passionate relationship with Moammar Gadhafi's son Mutassim and praised his family.

Germany's telecommunications firm Telefonica and its subsidiary Alice will stop working with 23-year-old model Vanessa Hessler and remove her face from its website, spokesman Albert Fetsch said yesterday.

"Vanessa Hessler has failed to distance herself from her comments on the conflict in Libya," Fetsch said.

VANESSA HESSLER'S WEBSITE PHOTO

▶ Vanessa Hessler

Hessler had been the company's advertising face for years, and giant posters featuring the model were a fixture in German cities.

Hessler told the Italian magazine Diva e Donna that for four years she had been dating Mutassim Gadhafi — who was captured and killed in Libya alongside his father this month.

"I didn't have any contact with him since the uprising broke out, but our relationship was one of passion," she was quoted as saying by the magazine. "The Gadhafi family is not as they are being depicted; they are normal people."

The model-turned-actress also said that she was crying for Libya, adding that the rebels are "people who don't know what they're doing."

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TMX board backs takeover offer

Critics: Deal creates virtual monopoly Could lead to higher fees, issues with enforcement, transparency

The $3.8-billion takeover bid for Canada's largest stock exchange by a team of Canadian banks, insurance companies and pension funds has received approval from the TMX Group's own directors.

Luc Bertrand, head of the Maple Group, said yesterday that he is pleased that the TMX board will advise shareholders to accept their deal that would create a bigger Canadian exchange.

The consortium of 13 Canadian banks and insurance companies wants to merge the owner of the Toronto Stock Exchange with the alternative Alpha Trading System, and clearing and depository firm CDS Inc. Alpha and CDS are owned by the major players in the Canadian securities industry, several of which are part of the consortium.

Thomas Kloet, CEO of TMX Group said the two sides will work together to ensure the deal is approved by Canadian securities regulators and the federal Competition Bureau.

RYAN REMIORZ/THE CANADIAN PRESS

"This is a proven and highly valued business model that we all believe can create significant value for TMX Group."
LUC BERTRAND
HEAD OF THE MAPLE GROUP

Independent firms have expressed concerns about whether the bank's will play fair and grant them cost-effective access to clearing and settling trades.

But Kloet said fair fees and open access is both trading and clearing "is a cornerstone" of the deal.

Shares of the TMX Group were below the offer price yesterday, suggesting some investors may be skeptical about whether the deal will receive regulatory approval.

The future of the TMX has been a major issue not only on Bay Street but also in Ottawa, where an earlier deal that would have seen the company acquired by the London Stock Exchange raised fears that Canada's stock markets would come under foreign control.

The LSE bid eventually failed as shareholders rejected the offer in the wake of the Maple Group rival bid.

THE CANADIAN PRESS

▶ Andrew Madoff, son of jailed Ponzi scheme creator Bernie Madoff, appears on the Today show yesterday in New York with his fiancée Catherine Hooper, left, and mother, Ruth.

PETER KRAMER/NBC/THE ASSOCIATED PRESS

Madoff's son and wife speak out

Andrew Madoff said he never suspected his financier father of running a Ponzi scheme because he grew up hearing what a legend he was. Bernard Madoff's wife, Ruth — appearing yesterday on NBC's Today show with her son — said she doesn't miss her husband. "The villain of all this is behind bars," she said. Their appearance coincided with the publication of the book Truth and Consequences by Laurie Sandell. It contains extensive interviews with family members.

Thai floods hit Honda Canada

Honda's assembly plants in Canada will be part of an international slowdown by the Japanese automaker, which is suffering from a parts shortage due to flooding in Thailand.

Starting tomorrow, Honda's production from its six North American factories will be cut to 50 per cent for about a week. Honda doesn't plan any layoffs but it will cancel all Saturday overtime work in November. It said 92 per cent of the vehicles are made in North America but a small number of parts come from Thailand.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas
- 267.46 (12,252.06)	- 0.49¢ (100.33¢ US)	- 13¢ US ($93.19 US)	$3.934 (+ 1.1¢)

Gold $1,725.20 (- $22)

Wind, solar prices under review

Ontario wants to start reducing the amount it pays to producers of wind and solar power.

The province pays up to 80 cents per kilowatt hour for power from small solar projects while electricity consumers pay between five and 10 cents per kwh.

Energy Minister Chris Bentley says a scheduled two-year review of the feed-in-tariff rates will report back early next year after hearing from the public. The government has already warned electricity prices for consumers will jump 46 per cent over five years as the province rebuilds its aging power system.

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TORSTAR NEWS SERVICE FILE

▶ Energy Minister Chris Bentley

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SHHH! DON'T TELL ANYONE

SHE SAYS ...

JESSICA NAPIER
METRO

You can't deny the thrill of sharing a secret, especially when that secret isn't really yours to tell. According to a 2009 British study, women who were told a secret were likely to bite their tongues for an average of just 47 hours and 15 minutes before blabbing. That's less than two full days, and frankly, I'm not surprised.

In an age of celebrity blogs and constant social networking, over-sharing is now the norm, while keeping a secret has become a lost art.

As trivial as it might be, gossip is a guilty pleasure that just won't quit. It's what keeps US Weekly in business and it's why Perez Hilton isn't working at a Taco Bell.

Sharing secrets can serve many purposes. Some find it to be a positive form of catharsis, others use gossip as a communication tool to network or bond with a group, and some just get a twisted schadenfreude-esque delight out of the pain and suffering of others.

Anyone who tracks the ups and downs of Jennifer Aniston's love life — you can go ahead and put yourself in that third category.

"So does privacy count for nothing any more? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start re-learning the art of keeping secrets."

And it's not just other people's secrets that we have trouble keeping. We feel entitled to the intimate details of others, and, in turn, believe our own personal lives should be of interest to everyone else.

We've become so accustomed to living our lives online that we don't even blink as we share the minutiae of all our milestones — birthdays, engagements, babies, divorces — with friends, family, future employers and hundreds of acquaintances we barely even know.

So does privacy count for nothing anymore? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start thinking about relearning the art of keeping secrets?

To clarify, secrets are not lies. I'm not condoning deceit, just the idea that sometimes withholding information is better than putting it all out there. Keeping secrets amongst our friends and lovers can actually be healthy. I mean, isn't it nice to keep some of the mystery alive?

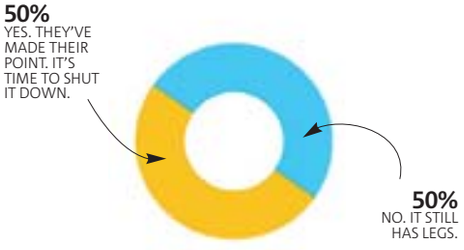
Here are just some things that are better kept to yourself: Your nauseating pet names for your partner, status updates on that skin rash you've been dealing with, photos of pelvic bones, weekly measurements of your expanding "baby bump" and anything involving your bathroom habits.

Please, folks, do away with full disclosure and realize that not every part of your life belongs to the Internet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Has the Occupy movement gone on long enough?



Local tweets

@david pleonard: Has Rob Ford called 911 yet? It's dark and people are by his house. #standingby

@nympsam: So Canadian. The stolen truck driver puts on his signal to give up. Get that man a double double. #policechase

@LarrytheFalcon: The stolen tractor trailer joyride on our highways this morning. #ThingsLongerthanKims-Marriage - Funny hashtag, so for my Ontario readers...

@drewyork: Feels that it's a bit beyond embarrassing that it took Police almost 10 hours to stop that stolen semi. Why did it take so long??!!

@kmore: 7pm eh...how did that happen? Suppose dinner is in order. How many Halloween revellers will i be fighting off do y'all suppose? #toronto

@markcas: Happy Halloween. Amazing pumpkins in #Toronto.

@K_Dread: Tonight is no longer Halloween to me its #Movember s eve!! No presents under the tree tomorrow but definitely Mo's under the noses

Letters

The country is heavily in debt, we are heading into a double-dip recession and what is this so-called Conservative government doing? Well, why not spend a fortune and add more seats to the House of Commons. Yes, indeed, more MP salaries, expensive staff and money flushed down the toilet yearly. Reduce the amount of seats where the provinces are over represented such as Quebec. This fixes the problem without costing a fortune.

ANTHONY SILVESTRO
OTTAWA

RE: Protecting Lightfoot's legacy, published Oct. 31

Thank you for the interesting reading about the Canadian musical legend.

He may be a "mean drunk and a bad husband," but the immutable fact remains — his music transcends any personal flaws he might have. He is one of the few Canadian music icons popular worldwide.

I judge the High Priest of Canadian music only on the basis of his fabulous, immortal music for which I am, forever, thankful — nothing else.

HARRY S. ANCHAN
CALGARY

photo of the day

▶ This photo titled Night Lights was submitted to the Photo of the Day category by Artur Andronic from the U.S.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Man severs arm with homemade guillotine

Bellingham police have dismantled a homemade guillotine apparently used by a man to sever his right arm at a transient camp in Washington.

Sgt. Les Gitts says police saved only the heavy metal plate used as the blade, in case it is needed for evidence.

Gitts described the guillotine as "pretty elaborate." It was out of sight in a wooded area until police investigated Thursday after the injured man walked into a clinic, leaving his arm behind.

According to Fox News, police say the guillotine unexpectedly dropped on the man's shoulder.

Police searched the area and found the guillotine and the severed arm. He was airlifted to Harborview Medical Center in Seattle in hope it could be reattached.

Gitts said yesterday he didn't know if that was successful. The hospital wouldn't say for privacy reasons. The man was in satisfactory condition yesterday.

Officers say the device was constructed from wood the man found by scavenging the local area.

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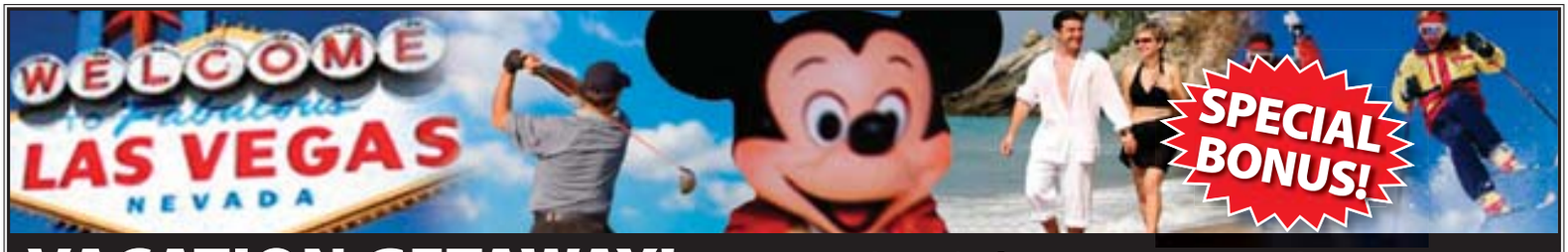

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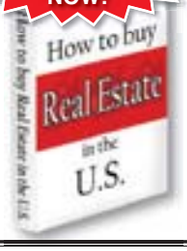

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New album from Amy

Collection of Winehouse work to be released in December by musical partners Mark Ronson and Salaam Remi Posthumous release a 'fitting testament' to the singer

A new album of recordings by the late soul singer Amy Winehouse will be released in December, Island Records said Monday.

It said Lioness: Hidden Treasures will contain 12 songs — previously unreleased tracks, alternative versions of existing hits and brand new songs — recorded by the beehive-wearing singer who died at her London home on July 23.

The label said Winehouse's longtime musical partners Mark Ronson and Salaam Remi had spent time since her death listening to recordings of the singer, who many said never sang or played a song the same way twice.

Island Records said the duo quickly realized that they had "a collection of songs that deserved to be heard; a collection of songs that were a fitting testament to Amy the artist and, as importantly, Amy their friend."

The album — Winehouse's third after Frank and Back to Black — will be released on Dec. 5.

Ronson and Remi compiled the tracks in collaboration with Winehouse's family, management and the label.

Winehouse's final studio recording — a cover of Body & Soul sung with Tony Bennett — will be included in the album.

The singer's father, Mitch Winehouse, said he had never before heard another one of the tracks, Halftime, and described the song as "just incredibly beautiful."

"If the family had felt that this album wasn't up to the standard of Frank and Back To Black we would never have agreed to release it and we believe it will stand as a fitting tribute to Amy's musical legacy," he said in the Island Records statement.

A donation of $1.60 from the sale of each album in the U.K. will go to a foundation to assist disadvantaged children and young adults set up in the artist's name following her death.

Last week a British coroner ruled the Grammy-winning singer died from accidental alcohol poisoning when she resumed drinking after weeks of abstinence.

The 27-year-old Winehouse had fought a very public battle with drug and alcohol abuse for years, and there had been much speculation that she died from a drug overdose.

THE ASSOCIATED PRESS

STUART WILSON/GETTY IMAGES

▶ Longtime musical partners of Amy Winehouse are working on a posthumous album for the singer, which will be released in December.

Winehouse at a glance

- **Born:** Sept. 14, 1983 in Southgate, London, England.
- **Discography:** Frank (2003), Back to Black (2006)
- **Achievements:** After Frank, Winehouse won an Ivor Novello award for song-writing. Back to Black was the bestselling album in the U.K. in 2007. That same year, Back to Black enters the U.S. Billboard and becomes the highest debut for a U.K. female.
- **Died:** July 23, 2011 after consuming a 'very large quantity of alcohol' according to a pathologist at the singer's inquest. Winehouse was 4.5 times over the legal drunk driving limit.

2 scene

Scene at a glance

Justin Timberlake admits he's got a thing for Pippa Middleton — but then so does every man in America, according to the singer. "Us American males are big fans of Pippa," he tells the U.K. edition of Esquire. "We like the Middletons very much. I'm going to sound like a sleazeball. I'm going to stop right there!"

THE ASSOCIATED PRESS

Review: Amiable memoir The Garner Files shows James Garner a Hollywood maverick at heart

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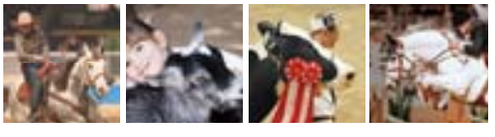

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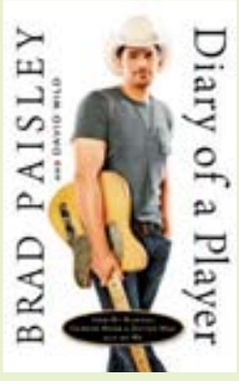
Paisley pens book for fans

Diary of a Player shows how singer went from small-town West Virginia to big-time Nashville star

HOWARD BOOKS/THE ASSOCIATED PRESS



A book really wasn't on Brad Paisley's bucket list. Too many songs to write and licks to play.

Over time, though, the country music star learned that having millions of fans means millions of questions, and a book offered a way to let everyone know the important people, moments and lessons he's learned since his grandfather gave him his first guitar.

"And now I get to say, 'It's in the book,' and that's fun for me," Paisley said.

"As well as the fact that this was meant to inspire. It's not a book that's meant to say, 'Careful. This is a rough road.' This is more like, you find that thing, whether it's a guitar or a paint brush or a tape recorder. I don't know what it is. Whatever you're good at milking — a cow — go do that. If you're great at something, all these doors will open. And I believe that."

Diary of a Player, co-written with David Wild, is a breezy primer on the dots Paisley connected while putting together his run from small-town West Virginia to big-time Nashville.

Along the way we meet his grandfather, Warren Jarvis, the man who gave Paisley his love for guitar, whether he wanted it or not.

And there's Hank Goddard, his first real guitar teacher, and the band of first-class older musicians assembled for an 11-year-old frontman.

Paisley also visits his inspirations and tells the story of meeting his wife. **THE ASSOCIATED PRESS**

In the book

Garth Brooks, we learn, helped Brad Paisley move from grandmother-approved crooner to rockin' rebel.

Paisley thanks Garth Brooks for making him cool — spurring his first kiss.

Breaking the circle

Rising star Miranda Lambert isn't following usual formula for country singers Reveals more facets to personality in new album, Four the Record

Producer Frank Liddell compares most country music stars to drivers in Manhattan. They circle and circle until they find a parking spot, and once they find one, they never want to leave.

Miranda Lambert found a roomy space in the shade when she released the career-changing Revolution in 2009.

"A lot of times, that parking place will dictate an artist's entire career," Liddell said. "Miranda, with this last record, she had a pretty good parking place. And she just drove right out of it without thinking twice about it."

You can hear where she's headed on her new album, Four the Record, out today. It's Lambert's follow-up to the album that won her universal critical praise, enough fans to ratchet her career to the headliner level and a bushel of trophies, including a Grammy.

All conditions were right for Lambert to deliver a new version of Revolution, repeating the blend of sass and smarts and a little bit of tenderness that turned out to be such a combustible mix.

But the 28-year-old delivered something very different. There's still a little bit of that blonde firebrand who set country music ablaze in Four, Lambert's fourth album. But the overall picture the album leaves you with is a little more sombre and mature.

"I'm one of those fortunate few, few, few artists that get to do what I want to do, make the album I want to make, with nobody telling me what it should sound like or what songs I should cut, and the best part about it is, people actually buy it."
MIRANDA LAMBERT

"I'm one of those fortunate few, few, few artists that get to do what I want to do, make the album I want to make, with nobody telling me what it should sound like or what songs I should cut, and the best part about it is, people actually buy it," Lambert said.

Most emerging country stars would have spent time building their brand after such a career leap.

She and new husband Blake Shelton appeared on the cover of Us Weekly after their wedding, the peak of the carnival atmosphere that surrounded the two over the last 18 months.

With Shelton's turn on The Voice, their visibility had never been higher, and the opportunities never more lucrative.

GETTY IMAGES

▶ Miranda Lambert

Lambert did the unexpected, though. Instead of chasing tour sponsors and endorsement deals, she's turned down most offers.

Instead of trying to recreate those hit songs from her last album, she sought new writing partners and even considered a higher than usual percentage of songs from outside writers.

She also formed a band on the side, Pistol Annies, something of a maverick move in a town where such things are considered wastes of energy at best and brand killers at worst.

With no radio airplay and little marketing, Pistol Annies' debut album Hell on Heels hit No. 1 on the Billboard country albums chart.

All of these things are unusual moves — and part of the plan that Lambert has put together with her manager, Marion Kraft.

"The interesting part about it is we think of expanding, not in a financial way, but we're thinking of expanding in a creative way where I feel like we are inspired by what we're doing and she gets better because she keeps re-inspiring herself," Kraft said. **THE ASSOCIATED PRESS**

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Beginners
Genre: Comedy
Director: Mike Mills
Stars: Ewan McGregor, Christopher Plummer, Melanie Laurent

Love can be so awkward. Consider the predicament of Hal (Christopher Plummer, never better). Now that his wife of 44 years has died, he's decided, at 75, that it's time to come out as the gay man he's always (secretly) been.

Hal's transformation involves a complete wardrobe change, a decades-younger boyfriend (Goran Visnjic) and considerable adjustment on the part of his son Oliver (Ewan McGregor).

At age 38, hetero Oliver's got some love problems of his own. He's failed in several serious relationships and is currently courting a French actress named Anna (Melanie Laurent).

Not one of these relationships compares to the devotion Oliver has for his

clever Jack Russell, Arthur.

In flashbacks and vignettes set to a Vaudeville-era soundtrack, these delicate story threads are teased out. Remarkably, Beginners' disjointed narratives don't test our patience. Instead, director Mike Mills' characters become more endearing the more we learn about their foibles.

PETER HOWELL

Cars 2
Genre: Animation
Directors: John Lasseter, Brad Lewis
Stars: Owen Wilson, Larry the Cable Guy, Michael Caine

Pixar's 'toon machine spins its wheels with this low-octane sequel to Cars, its 2006 clunker.

The movie opens like a James Bond picture, with an Aston Martin (voiced by Michael Caine) seeking to infiltrate an oil rig in the middle of the Pacific Ocean.

There's some international skulduggery afoot with Jaguar-shaped Holley

Shiftwell (voiced by Emily Mortimer.)

Back in the desert town of Radiator Springs, race car Lightning McQueen (Owen Wilson) and his tow truck sidekick, Tow Mater (Larry the Cable Guy), are preparing for their own international adventure that involves green energy.

Cars 2's busy plot has many strands. Its spy narrative works, but its green-fuel subplot threatens to send the film into reverse. This Pixar product, its treads thinning, is aimed primarily at younger kids (toys?). It's a case of money driving over art.

PETER HOWELL

Crazy, Stupid, Love
Genre: Comedy
Directors: Glenn Ficarra, John Requa
Stars: Steve Carell, Ryan Gosling, Julianne Moore

With its full complement of A-list acting talent, Crazy, Stupid, Love has so much going for it. The always reliable Steve Carell, playing clueless nerd Cal, is paired with Julianne Moore's Emily, who announces after 25 years hitched that she wants a divorce. We don't know why and we aren't given reason to care, but it emerges she's been cuckolding Cal with her co-worker.

Clearly, Cal's going to need some help getting his life back together. The film's tone quickly turns farcical as Ryan Gosling steps in as a hipster mentor in charge of Cal's manhood reclamation and Marisa Tomei as his new love interest.

But dual directors Glenn Ficarra and John Requa are uncertain where to take the action and their talented actors are wasted.

Rarely does the film's dialogue rise above sitcom banality and the plot is hardly fresh. It seems Carell's essaying another riff on Pygmalion, not to mention his earlier (and better) The 40 Year Old Virgin. PETER HOWELL

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Headline. Hound

▶ Wilfred the dog sniffs out the latest news in Metro while waiting to take a trip down Toronto's subway line.

PHOTO COURTESY OF FX CANADA AND DARREN GOLDSTEIN

Life ain't so ruff for doggy dressers

FX Canada launched on Halloween by letting actors dressed as the dog from the TV show Wilfred loose on Toronto streets. If you didn't catch the dogs yesterday, they will be back sniffing around the Bloor and Yonge-University subway lines, Union Staton, and the King and Queen street cars — or, you can watch Wilfred on FX Canada Thursday nights at 10 p.m.

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MICHAEL LOCCISANO/GETTY IMAGES

▶ Regis Philbin and his wife Joy are looking forward to the 'big change' when Philbin leaves Live! on Nov. 18.

Regis ready to relax

Philbin prepping to tape his last Live! show Plans to do some travelling with his wife Joy

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

As Regis Philbin prepares to tape his last episode of Live! With Regis and Kelly on Nov. 18, he's not the only one getting ready to adjust to more time at home.

"It sends chills down Joy's spine to even think about it," Philbin laughs of his soon-to-be-leisure time with his wife.

"Regis is not going to retire," pipes in Joy, who was with Regis to promote Pfizer's True Advil Stories campaign. "He's just moving on to do something else and free him up because a live show every day is quite a commitment. This will give him a chance for us to do a bit of travelling — all of our family are still in Los Angeles but we always have to be back Sunday night. This is going to be a big change for us."

It is indeed a big change for Joy and her 80-year-old husband, who holds the Guinness World Record for the most hours on television — 16,540 and a half!

"I know it's impeding," Regis says of his final episode. "So many people are coming up and saying whatever they want to say to me, and it's touching. In a way I can say that I am not looking forward to it, but in another way it has to happen. It is bittersweet."

The decision to end his run, Regis says, came after "talking about it with Joy over the years." And when it was time to make the announcement, which he did on-air in January, he was careful to inform his co-workers — even co-host Kelly Ripa — only a half-hour before taping started, so that the news wouldn't leak and rumours wouldn't start.

As for the final show, "Regis is in for a lot of surprises," according to Joy. "I don't know specifically, but I know they have requested tapes and anything going back, so I know this is going to go back a long time."

"I am sure [Live!'s producer Michael] Gelman is going to build it into an extravaganza," Regis adds.

TV Picks

New Girl back at home plate

COMEDY. One of this season's early breakout hits, New Girl, returns tonight after an extended absence — the big, bad baseball playoffs forced Zooey Deschanel et al off the air for nearly a month. In an attempt to regain its early momentum, the quirky comedy will lean on an age-old sitcom chestnut: Jess accidentally sees Nick naked and his confidence is shattered. (Fox, Citytv).

Eddie's everywhere

TALK SHOW. With his new flick Tower Heist set to open on Friday, next year's Academy Awards host Eddie Murphy will sit down on the Tonight show with Jay Leno.

THE CANADIAN PRESS

THEO WARGO/GETTY IMAGES

▶ Eddie Murphy

Clooney was 'like a father to me': Ex

Daddy description a subtle diss?

Elisabetta Canalis

Elisabetta Canalis is casting her recently ended relationship with George Clooney in a new light — and not one he'd necessarily appreciate.

"He was a very special person for me — like a father," Canalis tells Italian broadcaster Bruno Vespa in his new book, This Love.

Clooney is 50, while Canalis is 33. "With George it was more of a father-daughter relationship," Canalis explains. "It was a great love and it was like living a fairy tale. George is a real gentleman even with his private life. I was very well respected as a partner."

METRO

AND IT'S OVER, 72 DAYS LATER

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

A whole 72 days after walking down the aisle with NBA player Kris Humphries, Kim Kardashian filed for divorce yesterday morning.

The unhappy couple is not seeking an annulment, and Kim checked off the usual "irreconcilable differences," asking the court to deny spousal support to Humphries.

It's the second divorce for Kim — who split with music producer Damon Thomas in 2004 after four years of marriage — and the first for Humphries, who was blindsided by the filing, according to TMZ, and is "bummed."

As it's all but impossible to remember, they very loosely tied the knot on August 20 at a ceremony that was estimated to cost around $10 million. (You somehow missed that? A rerun of the two-part, four-hour Kim's Fairytale Wedding: A Kardashian Event is scheduled to air from 8 a.m.-noon on E! today.)

We're not saying we're perfect over here, but we would have had the decency to fake it for 18 months or so. Seriously, we've committed to packs of gum for longer than 72 days.

TODAY'S THE WORD IS WRITTEN BY MONICA WEYMOUTH

"After careful consideration, I have decided to end my marriage. I hope everyone understands this was not an easy decision. I had hoped this marriage was forever, but sometimes things don't work out as planned. We remain friends and wish each other the best."

KIM KARDASHIAN'S STATEMENT TO E! ONLINE

By the numbers

Kim's marriage broken down:

- **72 days** The length of Kim and Kris' marriage
- **20.5 carats** The size of her engagement ring
- **$2 million** The cost of said rock
- **$25,000** Speculated cost of her Vera Wang gown
- **$10 million** Reported cost of the August 20 ceremony
- **$17.9 million** Estimated amount they raked in from the wedding

ALL PHOTOS GETTY IMAGES

Kim Kardashian

Shorter nuptials

Filing for divorce after 72 days is a true gift to gossip columnists rendered delirious by Halloween candy. But these stars untied the knot even faster:

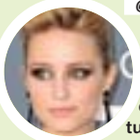
- Britney Spears and Jason Alexander: 55 hours
- Carmen Electra and Dennis Rodman: Nine days
- Drew Barrymore and Jeremy Thomas: Six weeks

Celebrity tweets

@MellyJHart
Mother nature is dressing up Fall as Winter for Halloween this year!

@JohnCleese
My dearest, most darlingest, twaterers, Thank you for all your birthday wishes!!! 27 is such a lovely age to be. I love you all!..

@ActuallyNPH
Hope everyone partied it up last night, costume-style! Send me pics. I wanna see what you wore.


@DiannaAgron
So I guess there is no sexy version of my costume and I am waaaaayyy OK with it.

Lilo's fangs fixed — for now

After weathering plenty of teasing and scorn from gossip blogs, Lindsay Lohan is proud to show off her newly fixed and whitened teeth, posting a photo of her glowing smile to Twitter.

"Thanks Dr. Dorfman for the zoom. My gums are so sore though!" she commented along with the picture.

The fix may only be temporary, though, as on the bedside table over Lohan's shoulder in the photo, both an ashtray full of cigarette butts and a can of soda can be seen — neither of which are good for teeth.

METRO

Sarandon's daughter weds

Actress Eva Amurri and former MLS soccer player Kyle Martino were married over the weekend in South Carolina, according to People magazine.

Festivities were handled by the bride's mother, Susan Sarandon, along with Tim Robbins, who helped raise Amurri during his 21-year relationship with Sarandon.

The ceremony was officiated by Sister Helen Prejean, whom Sarandon portrayed in Dead Man Walking.

Susan Sarandon and Tim Robbins, who are no longer a couple, both attended Eva Amurri's wedding ceremony.

METRO

A Twilight turn-on

The new Twilight film features a love scene that was steamy enough to originally earn it an R-rating — and star Kristen Stewart wasn't surprised. "There are two big sex scenes in the two [final] films," Stewart tells the U.K. edition of Glamour. "It was so weird, it didn't even feel like we were doing a scene within a Twilight film."

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Laser tattoo removal — solution or scar?

Having your first love's name inked on your buttocks seemed like a great idea A decade later, you wish you didn't have a constant reminder of your first heartbreak Is tattoo laser removal really effective, or will it leave you permanently scarred? Metro tries to find out

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Tattoos are a taboo. At least they used to be. As a rebellious teen your parents warn you against them and as an adult they reflect badly in the work place. Now, thanks to celebrities including Angelina Jolie, David Beckham and Megan Fox, a tattoo is more body art than ex-gangster.

What happens when you can't stand it anymore and want to have it removed? According to tattoo artist Saira Hunjan, you can never be sure you'll never regret a tattoo.

"Choose the right artist, style, design and meaning behind it. Only then will you be likely to be proud to wear it forever."

The obvious answer is to never cruise into a tattoo parlour on a whim. Getting a tattoo isn't like getting a haircut. If it goes wrong, you can't wait until it grows out.

"It's really important to find an artist with real expertise. The best can have a long waiting list but it's worth waiting," advises Hunjan.

HANDOUT

▶ Saira Hunjan gives some advice on never regretting a tattoo.

An ex lover's name is amongst the most common tattoos people want covered or removed.

"It's best to design something that symbolizes the way they feel about that person rather than their name," says Hunjan.

Laser removal is one of the only options, but how safe is it?

Tattoo removal specialist Dr Alex Kaplan explains how choosing the wrong clinic or laser can leave your skin permanently damaged.

"Older methods of tattoo removal involved burning, scraping or cutting out the tattoo. Thankfully, today's Q Switch laser is light years ahead," says Kaplan.

Tattoo pigment is hard to remove.

"The pigment injected into the lower layers of skin becomes sealed away by a tough network of collagen fibres and it isn't easy to remove the tattoo pigment without affecting the surrounding tissue," adds Kaplan.

The Q switch laser is a rapid, high-energy laser beam applied at different wavelengths (depending on the tattoo's colouring; red, black and blue ink are the most receptive colours; green, yellow and white the least). The process is painful but then again if you could stand the pain of a tattoo, you should be able to bear this.

Better yet, get a tat you like and stick with it.

"A tattoo should mark a significant memory and emotion in your journey through life," says Hunjan. "So take your time when choosing."

▶ Megan Fox before and after

3 life

A new study

Women shouldn't be the only ones to worry about the ticking of their biological clock. A new study shows that male fertility also declines with age. If by the age of 45 a man is still childless and wants a family, he should start. Past that point and the chance of conceiving could drop to 35 per cent.
METRO

Vicious circle: Diabetics prone to gum disease, which can worsen glucose control

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GETTY IMAGES

▶ Rest assured — you're probably getting the sleep you need.

Do you have insomnia? Or just sleep paranoia?

Recent U.K. study shows you may be getting more sleep than you know

Tossed and turned all night? Actually, you may have slept more than you thought. A comprehensive review of sleep research done in the U.K. found that people with insomnia tend to overestimate the time it takes them to fall asleep and underestimate the amount of sleep they got.

"Misperception of sleep is a ubiquitous (though not universal) phenomenon among patients with insomnia," says Prof. Nicole Tang from Keele University in Staffordshire, U.K., who studies sleep.

"Misperception of sleep is a ubiquitous (though not universal) phenomenon among patients with insomnia."
PROF. NICOLE TANG FROM KEELE UNIVERSITY IN STAFFORDSHIRE, U.K

Knowing that you're getting more sleep than you thought may help you relax and stop worrying. It's common for people to lose sleep if they are stressed, excited, worried, jet lagged, or kept awake by loud noises.

"Remember the last time when work was stressful, you had too much coffee in the evening, the night before an important job interview, after coming home from an exotic holiday or the night when your neighbour decided to have a loud party?" asks Tang.

To avoid sporadic insomnia, it's a good idea to exercise regularly, eat a healthy diet and keep a regular sleep/wake pattern. According to Tang, sleeping well doesn't necessarily mean sleeping through to the morning without waking up.

"This may be an idealized picture of how sleep should be, as many good sleepers wake up several times in the night too," she says.

If you feel that your insomnia is out of control, Tang suggests keeping a sleep diary then visiting your doctor to get help.

CELIA MILNE

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

ISTOCK PHOTO

6 tips for a good night's sleep We went to the director of a sleep lab, Leon Lack, and asked him how he gets a good night's sleep — so he can practise what he preaches when he speaks to clients:

1. "Exercise is excellent for a good sleep."

It reduces mental stress, for one thing. But don't do it just before bedtime or you may be awake longer.

2. "Drink coffee in moderation."

And he avoids it in the afternoon or evening. It can contribute to sleep problems, especially if you have more than three caffeinated drinks a day.

3. "Avoid large meals within 2 or 3 hours of bedtime."

And, don't drink alcohol as a way to help you sleep; your sleep quality will be poor.

4. "Have a standard bedtime routine."

Relax in the hour before bedtime, and try to go to bed and get up at the same time each day for consistent amounts of sleep.

5. "Maintain a comfy sleep environment."

It's different for everyone, but our expert has a supportive mattress and pillow, and a dark bedroom."

6. "Make sure the room isn't too hot."

Most people sleep best in a cool room — so take off that extra quilt.

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Thoughts on Mind

RELAX. When a thought enters the mind, it is replaced by another. It is automatic. We are not aware that a thought has segued into another thought. They start and stop and move in surprising ways from one second to the next. Becoming conscious of the entry and exit process of our thoughts frees the mind to focus and execute daily tasks with more ease and efficiency.

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Vancouver has long had a gourmet hot dog scene, so it's about time Toronto got one, too.

You can thank the beautiful owner of Fusia Dog, Dinah Koo, who also happens to work behind the counter.

This little slip of a place in the Entertainment District offers a tight menu of hotdogs and wraps, a couple intriguing salads and homemade potato chips.

Kim chi is an ingredient of the moment, and it shines in the Fusia Dog ($6.95) a paratha-wrapped snappy sensation, garnished with daikon carrot salad, wasabi mayo and coriander. The Chop Suey Dog ($6.95) — with stir fried veggies, hoisin "ketchup" and hickory sticks — offers an explosion of tastes that are unusual and comforting.

Homemade potato chips ($2.95) are crispy, salty perfection.

Someone's in the tiny kitchen with Dinah. And thank goodness because what you've got right here is a mouth-watering, finger-lickin' addiction.

Fusia Dog
65 Duncan St.
647-274-7303
fusiadog.com
Reservations: No
Quick solo lunch: Yes
Rating: 5 out of 5

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sweet Watermelon Rind Relish

This recipe calls for watermelon rind with the thin outer dark green skin removed. The easiest way to do that is to use a paring knife to cut away the red flesh, then use a vegetable peeler to remove the skin.

Preparation:

1. On a 15-cm (6-inch) square of cheesecloth, combine cloves and allspice. Tie cloth into a bundle.
2. In a large saucepan over medium heat, combine watermelon rind, sugar, vinegar, salt, cinnamon sticks, ginger and spice bundle. Bring to a simmer and cook for 1 hour or until watermelon rind is tender. Allow watermelon to fully cool in liquid. Remove and discard spice bundle, cinnamon sticks and ginger. Store in an airtight container in the refrigerator for up to a month.

THE ASSOCIATED PRESS

Ingredients:

- 5 ml (1 tsp) whole cloves
- 5 ml (1 tsp) whole allspice
- 1 l (4 cups) watermelon rind, green skin removed, cut into 5-mm (1/4-inch) chunks
- 375 ml (1 1/2 cups) sugar
- 250 ml (1 cup) red wine vinegar
- 5 ml (1 tsp) salt
- 2 cinnamon sticks
- 1 piece (5 cm/2 inches) fresh ginger, peeled and cut into chunks

Hearty avocado-bacon salad creation

Creamy avocado makes a great match for crisp and salty bacon Top with homemade croutons and vinaigrette

Preparation:

1. In skillet, cook bacon over medium heat until crispy. Remove with slotted spoon and drain on paper towels. Leave bacon fat in pan. Increase heat to medium-high. When pan is hot, add capers and sauté 2 mins. Remove with a slotted spoon and drain well.
2. Soak onion in ice water 3 mins; drain on paper towels and separate into rings. In bowl, toss salad greens with bacon, onion, diced avocado, tomatoes and croutons (directions to follow).
3. Sprinkle with vinaigrette (directions to follow) and toss to coat evenly. Divide salad equally among 4 plates. Top each with fan of thinly sliced avocado. Sprinkle with capers and serve.
4. **Vinaigrette:** In bowl, whisk oil, vinegar, lemon juice, mustard, garlic, salt and pepper to taste. Whisk to combine. Refrigerate.
5. **Croutons:** In skillet, heat oil over medium-low heat. Add bread, season with salt and pepper to taste. Toss to coat with oil. Sauté over medium-low heat, stirring, until golden, 8 mins. Remove from heat; cool.

EMILY RICHARDS (EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)/

THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION

Ingredients:

- 8 slices bacon, diced into 2.5-cm (1-inch) pieces
- 30 ml (2 tbsp) large capers, thoroughly drained and patted dry
- 4 thin slices of red onion
- 3 L (12 cups) assorted lettuces such as romaine, arugula, and watercress
- 1 ripe fresh avocado, seeded and peeled, cut one into 1-cm/1/2-inch dice
- 1 ripe fresh avocado, seeded and peeled, quartered and thinly sliced
- 4 tomatoes, diced

Vinaigrette

- 125 ml (1/2 cup) olive oil
- 30 ml (2 tbsp) apple cider vinegar
- 1 lemon, juiced
- 10 ml (2 tsp) Dijon mustard
- 2 cloves garlic, crushed or minced
- Salt and freshly ground black pepper

Homemade Croutons

- 45 ml (3 tbsp) extra virgin olive oil
- 4 slices crusty whole-wheat bread, torn into small pieces
- Salt and black pepper

THE CANADIAN PRESS H/O

This salad serves four.

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PROPER BUSINESS CARD ETIQUETTE

CHARLES THE BUTLER

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How does one appear international toward other cultures without actually ever travelling? This is actually easier than you may think.

I'm here in Shanghai, China, and as I observe international culture one thing is evident: local knowledge is power!

In North America and many parts of Europe the business card is not seen as anything of importance, but merely a paper document to facilitate the exchange of business contact details. However, in Asian countries, business cards are considered an exchange of something important, personal and meaningful between two people.

ISTOCK

▶ In Asia, the correct way to present your business card is by holding it with two hands. Guess this dude didn't get the memo.

Within Asia it is correct and commonly practiced by everyone to hand your business card to others in the following fashion.

1. When presenting your card, always use two hands to hold it.

2. When receiving a business card, always use two hands to receive it.

3. Once you receive a business card, always look at the card. Remember this is considered important, so you should honour the person giving it to you by reading it.

4. Hold onto the card and never just discard it. Keep the business card either in your hand or visible on a desk while you are speaking with the person who gave it to you.

So now how does this knowledge relate to you in Canada?

Firstly, if someone hands you a business card in this fashion you will know what to do.

But more importantly, people will have a positive impression of you, your worldly knowledge and your respect for other cultures.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Wine makes kisses taste better.

Ideas for your next date

1 Bottoms up! Learning can be sexy: Sign up for a tutored wine tasting at your local wine store. You'll walk away with vino facts and a fun buzz that will keep you going all the way to the boudoir!

2 Kiss the cook! Channel your inner Julia Child and take a cooking class for two! Many culinary schools offer one-night cook-and-dine classes.

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JUST A CLICK AWAY

CREATAS/THINKSTOCK

WORKING PROFESSIONALS CAN ACHIEVE MBA GOAL WITH ONLINE COURSES

If you want to get an MBA but can't afford to quit your job to attend classes full time, don't despair — you can achieve your goal by taking an online MBA program, such as that offered by Royal Roads University in Victoria.

"Our MBA programs are designed for working professionals," says Pedro Marquez, Royal Roads' dean in the Faculty of Management. "They're a unique, blended model combining online learning and two three-week residencies over 18 months."

The residencies are held on-campus in Victoria; for an extra cost, students may complete their final residency in Grenoble, France. Residency attendance is mandatory, so students will have to take time off work to participate.

So who should consider applying for online MBA programs?

"Royal Roads MBA programs are for students with extensive workplace experience and management backgrounds," says Marquez. "Our learning model creates leaders who can effectively advance their skills and collaboratively solve problems."

A key strength of Royal Roads' program is its cohort model, in which students enter and move through the program together. This networking and collaboration provides support and interaction throughout the distance portion.

Athabasca University, which is based at the Centre for Innovative Management in St. Albert, Alta., offers an online executive MBA program. Online electives and electives in-residence allow students to tailor their studies to their professional interests.

Athabasca's MBA curriculum concentrates on the key management areas that affect organizational performance: Strategy, analytics, human resources, finance, marketing, operations, and information technology.

Queen's University in Kingston, Ont., offers a 12-month MBA for Business Graduates with an online component that allows students to study while they are working. To apply, students must have an undergraduate degree in business and at least two years of relevant work experience.

Queen's MBA for Business Graduates is a national program offered in: Toronto, Mississauga, Markham, Ottawa, Montreal, Calgary, Edmonton, and Vancouver. There are three on-campus sessions during the program, which account for about 50 per cent of class hours.

The remaining class time will be spent in each city's Boardroom Learning Centre, where students use the customized portal and electronic network to communicate with professors and classmates. They will download course notes, email, chat or upload assignments from anywhere, anytime.

To search the Association of Universities and Colleges of Canada's database for other online MBA programs, visit aucc.ca/canadian-universities/study-programs or call 613-563-1236. *– Jane Doucet*

PROGRAM FEES WILL VARY IN COST

Online MBA program fees vary slightly. For example, at Royal Roads University in Victoria, for the program starting Jan. 2, 2012, a Canadian student's tuition is $37,190, plus ancillary fees and associated costs. At Athabasca University in St. Albert, Alta., total current program fees are $44,500, and at Saint Mary's University in Halifax, fees are $45,000.

FIRST, AGAIN

BEN RAHN PHOTO

WORLD LEADER

The Schulich School of Business at York University has emerged as a Canadian and world leader, as shown by the following rankings:

The Kellogg global network of EMBA partner schools, which includes the Kellogg-Schulich EMBA, is ranked No. 1 in Canada and No. 11 in the world by the Financial Times of London.

On Oct. 13, the Economist magazine ranked the Schulich School of Business among the top 10 MBA programs in the world.

SCHULICH EMBA RANKED NO. 1 IN CANADA FOR FIFTH YEAR

The Financial Times of London recently ranked the Kellogg-Schulich Executive MBA at York University the No. 1 EMBA program in Canada and 11th in the world. Among EMBA programs based in North America or involving North American schools, the Kellogg-Schulich EMBA ranked 6th overall and was the only Canadian program to make the world's top 25.

The Financial Times survey marks the third straight ranking in which one of Schulich's MBA or EMBA programs has been ranked among the world's best. Earlier this month, Schulich's MBA program was ranked No. 9 globally by The Economist magazine and ranked second in the world by the Aspen Institute, a U.S.-based leadership think-tank.

"We're pleased to have been rated the No. 1 EMBA program in Canada for the fifth straight year by the Financial Times of London and we're especially pleased that we strongly improved our overall global position this year and now rank among the very best EMBA programs in the world," said Schulich dean Dezsö J. Horváth.

Schulich offers business programs year-round at three campuses — its state-of-the-art complex at York University; its Miles S. Nadal Management Centre located in the heart of the Toronto's financial district; and its facility at The S.P. Jain Institute of Management and Research in Mumbai, India, where the school offers the Schulich MBA.

The Schulich School of Business at York University has emerged as a Canadian and world leader in preparing future business leaders for the environmental, social and ethical complexities of modern-day business. For the Financial Times rankings, visit rankings.ft.com/businessschoolrankings/

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Schulich MBA/IMBA

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ZOYA ZAYLER (IMBA '10)
People Advisor Lead, Accenture
Toronto, Canada

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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#9 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (9th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#18 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist, Forbes,* The Aspen Institute and *Expansión.*

QUEEN'S OFFERS A UNIQUE APPROACH

TEAM-BASED PROGRAMS FOLLOW THE MODEL OF TODAY'S WORKPLACE

Queen's School of Business currently offers three MBA programs in the GTA — Queen's Executive MBA, Queen's Accelerated MBA for Business Graduates, and the Cornell-Queen's Executive MBA.

Each program is unique in its own respect, but they share two important elements. They are all team-based, and they all contain an incredible amount of coaching.

The programs follow the model of today's workplace where business is conducted in teams. At Queen's, you will be part of a learning team for the duration of the program. Not only will you have a Team Coach, you will also have the option of working with a Personal Coach, a Career Coach, and a Lifestyle Coach. This culture of coaching is unique to Queen's.

Queen's School of Business currently has 128 people in the process of earning a Queen's MBA in Toronto, Mississauga and Markham. The MBA programs are presented through a combination of on-campus sessions and live, interactive video conference classes in which the professor teaches from a purpose-built broadcast studio at the school.

A Queen's MBA provides hands-on opportunities to develop and hone your team and leadership skills. Alex Ferguson works in Toronto's business sector and is enrolled in the Accelerated MBA program. "What the program does is teach you how to take on a team of highly competent and highly ambitious people. They give you all the tools to be able to put yourself in that leadership position where you have to manage multiple team projects and individual projects. Everyone does a rotation where they get to play that leadership role throughout the year."

Queen's School of Business is one of the world's premier business schools, with a faculty renowned for its business experience and academic credentials.

QUEEN'S UNIVERSITY PHOTO

EARN MBA WHILE YOU CONTINUE TO WORK

Queen's Executive MBA is Canada's top-ranked EMBA program. It enables you to earn a Queen's MBA degree while you continue to work.

Queen's Accelerated MBA for Business Graduates is a unique opportunity for people with an undergraduate degree in business and at least two years of work experience. The program enables you to earn your MBA in just 12 months while you continue to work.

Cornell-Queen's Executive MBA is made possible through a partnership between two of North America's premier business schools — Canada's Queen's School of Business and the Johnson School of Management at Cornell University in New York. Students of this program earn both a Queen's MBA and a Cornell MBA while they continue to work.

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Leena Lakdawala, Queen's MBA
Executive Vice President
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ATTEND AN INFORMATION SESSION
For times, dates and locations near you, visit the websites listed under each program.

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WILFRID LAURIER UNIVERSITY PHOTO

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LEARN WITH LAURIER WHILE WORKING

Wilfrid Laurier University has run its MBA program in Toronto's financial district for 15 years.

Ruth Cruikshank, Laurier's acting MBA director, says the program is a great success story "because it's really caught on well with working professionals in Toronto. It's a weekend program, so it's designed for people who have real jobs and work during the week. It's a different kind of program because you're learning at school at the same that you're working."

The Laurier MBA degree is offered in six formats, allowing you to choose what best suits your lifestyle. In addition, MBA candidates have the opportunity to achieve the MBA degree as well as one of two financial designations. You can take both the MBA and the Certified Management Accountant (CMA) program option or the MBA and Chartered Financial Analysis (CFA) designation.

Laurier's pass rates are exceptional in these designations as well. They maintain a 100 per cent pass rate on the CMA, and students are consistently in the top-10 percentile across Canada taking the CMA Board report and writing the CMA Case Exam.

Laurier's downtown campus location is conveniently located at the St. Andrews conference centre atop the Sun Life Tower at King and University.

SIMON FRASER PROVIDES BUSINESS FOUNDATION

SIMON FRASER UNIVERSITY PHOTO

The Beedie School of Business at Simon Fraser University offers a unique MBA program designed for students whose first degree is in a discipline other than business. Described as "graduate business education for a new generation," the program was developed to satisfy the needs of changing industry needs and education markets.

"What we're doing is creating a cohort of students that is diverse and that is coming from a wide variety of backgrounds. They're similar in their stage of career, and their prior education does not include a business degree," explains associate dean of Graduate Programs Colleen Collins.

The full-time, fast-track program lasts just 12 months and provides a foundation in business management balanced by an understanding of ethics, sustainability and corporate responsibility.

"It is a very intensive one-year program," says Collins. "They need something afterwards to help them with that first step into their new career and so they do an internship at the end — anywhere from two to eight months — so that's an important part of the program."

The Beedie School of Business recently hosted a special public event on sustainability, alternative energy and business. Among others, executives from leading Canadian natural gas firm Encana were on hand to engage with students.

SFU | BEEDIE SCHOOL OF BUSINESS
SIMON FRASER UNIVERSITY

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The Beedie School of Business' five globally-recognized graduate business programs are hosted at SFU's Segal Graduate School - located in the heart of downtown Vancouver, B.C.

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INFORMATION SESSION

For more information on our MBA, Masters of Financial Risk Management and Beedie's other Graduate Programs, please attend our information session in Toronto.

• Monday, November 7, 2011

Metropolitan Hotel Toronto - Tokyo Room
108 Chestnut Street (5:30pm - 7:00pm)

Register today at beedie.sfu.ca/infosession or call 778.782.5013.

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Deck the halls with university dropouts?

Schools step in to keep 'Christmas graduates' from bailing on the books

As tens of thousands of Canadian university students hit the books for mid-term exams, schools are looking ahead to keep those who tank from dropping out.

All it takes is a few bad grades to crush some students — particularly freshmen — and derail their university education, some experts say.

"Once people do badly, they don't want to be in school anymore," said Todd Stinebrickner, a professor at the University of Western Ontario who has studied the reasons university students choose to pack it all in.

"When people do badly ... school is not very enjoyable, maybe it's more stressful."

His research suggests about 40 per cent of students who drop out of university do so because they're not performing as well as they expected.

That's largely because they're not prepared for the heavier workload and independent study time, he said.

"That sort of says, well, things have to be a little bit different at earlier stages (of education)," he says. "Whether it's more effort in high school or whether it's changes in the quality of schools at earlier ages, that's sort of an open question."

Most students stick it out past the first year — in Ontario, the province with the most universities, retention rates remain between 80 and 90 per cent for the majority of schools.

But educators aren't taking any chances.

Many have an arsenal of programs aimed at so-called "Christmas graduates," those who simply drop off the roster after winter break, as well as students who fall through the cracks in later years, said Richard Wiggers, director of research on student services for the Higher Education Quality Council of Ontario.

Some reach out to students and their families before the fall semester starts in an effort to ease the transition from high school.

Others hold University 101 courses that show freshmen how to handle stress and manage their time.

At the University of Ottawa, administrators stage interventions for first-year students whose mid-term marks fall below par in key courses, said Murray Sang, who heads the Student Academic Success Service.

"They do a triage to find out what's going on, why is this student at risk," Sang said. Faculty advisors then steer students towards support programs, be it peer tutoring, counselling or financial aid, he said.

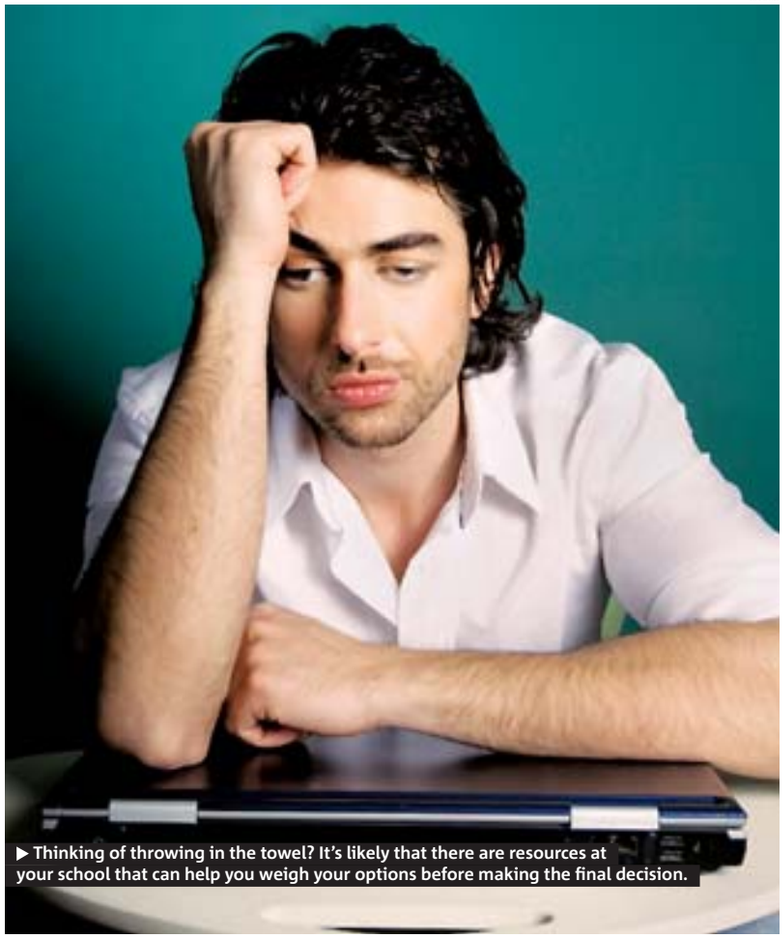
It's crucial to step in before students flunk any classes, Sang said.

After that, "it's a bigger hole to dig out of," he said. "It's difficult to keep a student motivated, it's difficult to climb back up."

The reasons for calling it quits can range from homesickness to depression and learning disabilities to money troubles.

THE CANADIAN PRESS

ISTOCK



▶ Thinking of throwing in the towel? It's likely that there are resources at your school that can help you weigh your options before making the final decision.

"Once people do badly, they don't want to be in school anymore... That sort of says well, things have to be a little bit different at earlier stages (of education)."
TODD STINEBRICKNER
PROFESSOR AT THE UNIVERSITY OF WESTERN ONTARIO

Don't fret

Dropping out doesn't always stain school transcripts.

- Each university sets a deadline for students looking to abandon classes without penalty, Sang said. Those who bail early enough may even get their tuition refunded.
- But wait too late and it's the same as failing, he said.

The students have spoken

University of Western Ontario tops key categories in national poll

More than 33,000 university students across Canada have voted on their institutions of higher learning, and the rankings are in.

Among the large universities, the University of Western Ontario in London, Ont., has come out on top in a couple of key categories - quality of teaching and learning, and the most satisfied students, according to the Globe and Mail's Canadian University Report 2012.

The University of Waterloo scored highest for career preparation among the large schools, while tying for first place with Montreal's McGill University in its reputation with employers.

And if smaller is better when it comes to class size, the large universities with the top marks are Carleton University in Ottawa and Concordia University in Montreal.

Medium universities are those with enrolments of 10,000 to 22,000 students.

In that category, Queen's University in Kingston, Ont., was the top school for most satisfied students and reputation with employers, and it tied with Universite de Sherbrooke in career preparation.

Mount Royal University in Calgary scored highest among medium schools for quality of teaching and learning, as well as class size.

Editor Simon Beck said the Canadian University Report will help students "make the right choice about a crucial chapter of their lives."

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A MINISTRY MAKES THE WRONG MOVE

Is the public interest being subverted? Think twice when complaining to a provincial ministry of labour

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

An individual's experience, related below, provides an example of why you must be careful when you call a provincial Ministry of Labour.

Following her termination, an individual contacted the Ontario Ministry of Labour, seeking some advice about her situation. She had not yet contacted a lawyer and the ministry representative who was randomly assigned to pick up the phone did not immediately encourage her to do so.

ISTOCK

▶ An over-the-phone representative from the Ministry of Labour should not be confused with a lawyer, as the advice the individual gives may lead to complications in court.

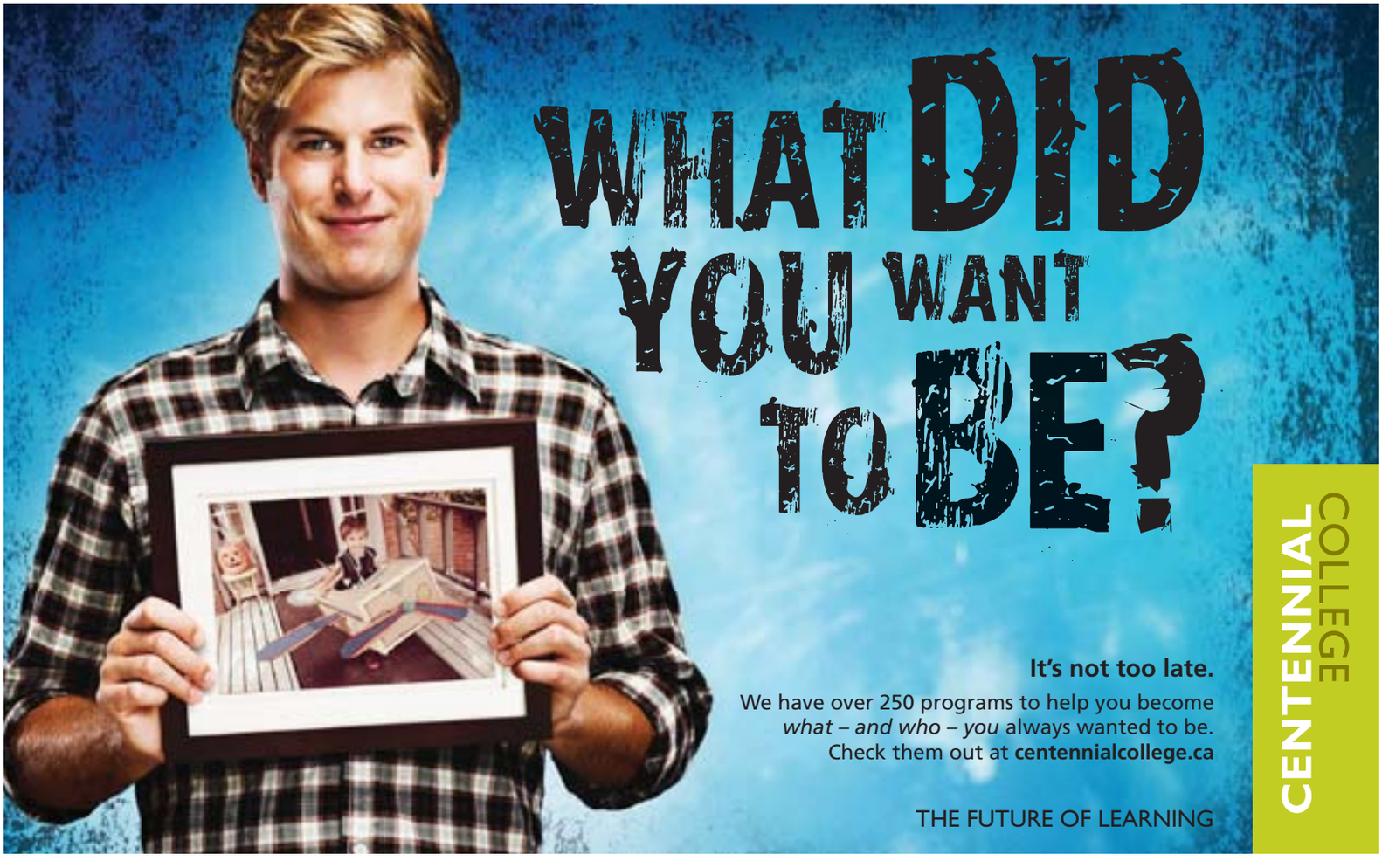
The individual planned to contest her dismissal and so the representative immediately encouraged her to file a complaint. This was the first error. Although the Ministry enforces the provincial legislation, it cannot provide a remedy for more significant claims for wrongful dismissal since most of those claims generally exceed the scope of the legislation.

As well, even though the Ministry could easily address and then remedy the complaint, this was not the problem. It was that once it has taken steps to do so, an individual loses the right to later file a wrongful dismissal claim in court. Here, since this person's damages were in excess of the statutory minimum, the bulk of her damages then would be relinquished — an issue that most employment lawyers would spot as a matter of course.

The Ministry has many safeguards, but they are not always effective. No surprise there. After most complaints are made, the Ministry mails the claimant a standard form letter explaining that if the complaint is not withdrawn within two weeks, the claimant will not be able to later file a wrongful dismissal claim. However, since most people will believe, even if incorrectly, that they received "advice" from a Ministry, they are unlikely to withdraw their complaint or later pay for a lawyer's time to obtain a second opinion. The result is that they are then stuck with their original claim.

This example is not an exception. The Ministry's hotline, which fields calls from prospective complaints, should explain only what the Act says and how it may have been interpreted in the past. There is no mandate to provide recommendations, or worse, to provide advice. Yet it happens anyway when the general public or some of the Ministry's representatives habitually blur this distinction. When they do, the public's interests may be subverted.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.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DATING ECONOMICS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Someday, your financial situation will impact the future of your life partner. So, let's face it; no one wants to date a financial dope.

Bad financial habits such as debt and poor spending patterns reflect a person's values and indicate whether they care about their financial future.

Irresponsible money management is a huge irritant for people who are dating; one person might feel pressured into paying for everything or they may sense their partner isn't committed to a long-term financial plan. This leads to resentment, not butterflies.

It's ultra-sexy to date someone who doesn't tow monetary baggage behind them and has their financial house in order.

Get organized to rid your debt. Cut up all but one credit card, list out who you owe money to and how much. Negotiate interest rates and consolidate expensive credit card balances.

Trade in your $3 Italian soda for a free glass of water so you can pay a little extra on the highest interest rate debt. If you're severely overextended with your house or car, downsize both. If you can't keep up with payments, see a credit counsellor.

I don't suggest steering clear of dating while you're reducing debt and growing investments. Rather, put together a responsible money management plan that shows you care about your future. You'll feel much better about yourself so that you can be more yourself when you're in dating mode. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Keeping it in the family

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

How would you like to have a $500,000 loan outstanding and be in doubt about ever getting it back? Add in the fact that family members are involved and you have a recipe for financial and relationship disaster.

This is exactly what is facing a couple who wrote to me last week. The loan in question was to their daughter and son-in-law to buy a home.

Recently the daughter quit work to become a stay-at-home-mom. As a result, they can't afford the loan payments and want to "renegotiate."

Just imagine the acrimony that this loan has birthed. Mom and dad need the income from the loan. The kids are looking for payment relief. Mess.

Many financial experts counsel against lending money to kids, parents or siblings. In a perfect world, I would agree. However, deserving people often can't get loans for legitimate purposes.

Perhaps they have a short credit history, are self-employed or have experienced job loss or illness.

I won't tell you not to lend money to family members, but keep it businesslike. You will be doing everyone concerned a favour. Here are some guidelines:

1. Know the reason. As the lender you have the right to ask about the purpose of the loan. If you are uncomfortable with where the money is going, keep it in your wallet.

ISTOCK

▶ Alison's money rule: You can make family loans work if you are strict about the conditions.

2. Assess affordability. The borrower should draw up a budget proving they can make payments. The lender must ensure they can afford to lend the money and do without the income if the borrower defaults.

3. Put it on paper. A signed agreement should detail principal, interest, payments and the term. For a house purchase, have a legal mortgage drawn up which gives you recourse if payments aren't made.

4. Get post-dated cheques or set up a separate bank account with an automatic transfer of payments from the borrower. None of this protects you from a family loan gone wrong, but at least you'll have done your best to ensure both sides are clear about the terms.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Cashing in on health foods

▶ Grocery stores are catering to consumer demand for specialty foods ▶ Examples include gluten-free bread, organic meats, products that are high in antioxidants or low in salt, as well as ethnic dishes

Consumers can expect to see more products tying together the theme of food and health on grocery store shelves in the coming year, according to the head of the Canadian Federation of Independent Grocers.

John Scott, president and CEO of the organization, says manufacturers are developing more products geared toward people who have such health issues as celiac disease or allergies to various ingredients.

"In food the biggest trend right now is we're really seeing the whole issue of healthy manifested in the mainstream products," Scott said yesterday from the floor of the trade show Grocery Innovations Canada 2011, the country's largest gathering of grocers, and the place where the food industry introduces new lines and products.

"For example, you're seeing large companies like Nestle and General Mills and that kind of thing paying attention to things like gluten-free and other allergy-free issues because these are becoming big issues in society. Food and health is a strong issue" and a "real trend in our society."

THE CANADIAN PRESS

▶ John Scott

"In food the biggest trend right now is we're really seeing the whole issue of healthy manifested in the mainstream products."

JOHN SCOTT, PRESIDENT AND CEO, CANADIAN FEDERATION OF INDEPENDENT GROCERS

And it's a trend that transcends all cultures, said Scott, who has headed the organization for 20 years.

"Everyone is interested in food and health. We've all of a sudden realized that whatever we eat manifests itself in how we're going to be down the road, so salt reduction is very important, fat reduction is very important ..."

He cited the improvements made in gluten-free products, which are sought after by celiac sufferers whose small intestine won't absorb parts of foods that are important for staying healthy, such as the gluten protein found in wheat, rye and barley.

The industry is also attuned to better pricing of such products, he said. "There was a time you had to pay a premium for that and now natural foods ... are all priced competitive."

At the trade show, he cited baked products that are lactose free, kosher and chemical free without added salt, a sausage made from organic, home-raised pork with added omega-3 and no antibiotics, and "better-for-you products heavy in antioxidants, such as dark chocolates."

THE CANADIAN PRESS

4 sports

La Russa goes out on top

Cardinals manager announces retirement three days after winning World Series

JAMIE SQUIRE/GETTY IMAGES

▶ Tony La Russa, seen here in the dugout during Game 7 of the World Series, is retiring.

Tony La Russa retired as manager of the St. Louis Cardinals yesterday, three days after winning a dramatic, seven-game World Series against the Texas Rangers.

"I think this just feels like it's time to end it," the 67-year-old La Russa said at a news conference at Busch Stadium.

The World Series win over Texas was the third of La Russa's 33-year career. The manager guided the Cardinals to the championship despite being 10½ games behind Atlanta on Aug. 25 for the final playoff spot in the National League.

La Russa retires third on the all-time wins list, 35 behind second-place John McGraw. He also won world titles in Oakland in 1989 and St. Louis in 2006 and becomes the first manager to retire immediately after his club won the World Series, according to STATS LLC.

"Other than some of the personal attachments, I feel good," La Russa said. "I feel good that this is the right decision."

La Russa said there wasn't a single factor that led to his decision, but he began having doubts about returning for 2012 midway through the season. In late August he told general manager John Mozeliak and other team officials.

La Russa said the timing of those discussions — about the time the Cardinals appeared to be out of wild card contention before their miraculous run — was pure coincidence. He said he simply felt it was time to go, a feeling that didn't change even as the Cardinals squeaked into the playoffs on the final day of the season, then upset the Phillies, Brewers and Rangers.

He spoke with little emotion at the news conference with one exception, when he paused to compose himself as he thanked his wife, Elaine, and two daughters for putting up without him over much of the past 33 years. But he did say his meeting with players after Sunday's parade and celebration was short but emotional.

"Some grown men cried," La Russa said, then he joked, "I kind of liked that because they made me cry a few times."

Mozeliak said the search has begun to find a new manager for the first time since La Russa was hired prior to the 1996 season.

La Russa answered flatly, "No," when asked if he'll ever manage again. He also said he had no plans to be a general manager, but said he is open to some sort of baseball job in the future.

"Maybe open a book store," he said.

La Russa was a .199 hitter in a brief major league career. He began as a manager with the Chicago White Sox in 1979. He guided the Oakland A's to three straight American League pennants in 1988-1990 and the 1989 World Series title over the Giants.

La Russa was hired by the Cardinals in October 1995, soon after the new ownership group purchased the team from Anheuser-Busch. His impact was immediate — the Cardinals won the NL Central and came within a game of going to the World Series in 1996, losing to the Atlanta Braves.

Overall, St. Louis went to the playoffs nine times in La Russa's 16 seasons, won pennants in 2004, 2006 and this year, and won two championships, over Detroit in 2006 and this season, rallying to win the final two games over Texas.

THE ASSOCIATED PRESS

Offensive?

Phoenix Coyotes forward Raffi Torres is being criticized for wearing blackface while dressed as rapper Jay-Z at a Halloween party.

Fans and some media started criticizing Torres and his wife, Gianna, after teammate Paul Bissonnette posted a photo on Twitter of the couple both wearing blackface as they dressed up as Jay-Z and singer Beyoncé Knowles at a team Halloween party Sunday night.

The Coyotes issued a statement about the costume, denouncing the reaction or claims that Torres is racist.

THE ASSOCIATED PRESS

Crosby won't be back until Nov. 11 at earliest

It's a no go for Sidney Crosby this week.

And there's still no hint when the NHL's marquee star will make his long-awaited comeback.

Yesterday, Crosby ruled himself out of playing in either of the Pittsburgh Penguins' games this week, meaning the earliest he could return from the concussion that has sidelined him since January is Nov. 11.

4 The Penguins will practise as many as four times each this week and next after playing 13 games in 24 days to start the season.

It might not be possible for Crosby to play that soon, either, even though that date has been the most mentioned when those around the NHL speculate about the Penguins captain's return.

While Penguins coach Dan Bylsma raved about how well Crosby is practising — he said it's at a superstar level — he cautioned that Crosby's injury recovery still isn't nearly complete. Most of all, Bylsma said, Crosby needs further contact work in practice.

THE CANADIAN PRESS

Sports in brief

Encarnacion will be back

JAYS. The Toronto Blue Jays picked up the option on infielder Edwin Encarnacion yesterday while declining reliever Jon Rauch's 2012 option.

The option on Encarnacion is worth $3.5 million US.

The 28-year-old appeared in 134 games as a third baseman, first baseman and designated hitter last season.

THE CANADIAN PRESS

Yankees keep Sabathia

FREE AGENCY. CC Sabathia is staying with the New York Yankees, agreeing yesterday to a new deal that adds $30 million US to his existing contract.

Sabathia had until midnight to opt out of his current contract, which had $92 million remaining over the next four years in $23-million annual salaries.

THE ASSOCIATED PRESS

Will stars align for Jays this winter?

Plenty of talent in baseball's free-agent pool but big splash does not seem to be Toronto GM Anthopoulos's style

For Toronto Blue Jays fans expecting a big free-agent spree, there is this dispiriting assessment of the process from general manager Alex Anthopoulos.

"It's the worst market to be in," Anthopoulos said this week. "It's also a necessary market to be in in some capacity and at some point. Free agency is our least preferred route (to acquire players)."

Still, the GM did hint that shoring up the bullpen will be a top priority. He spoke of only two positional "needs" this winter — at second base and backup catcher. Beyond that are the "wants."

The reality will likely be low key, but lets pretend the sky is finally the limit inside the Rogers Inc. accounting department.

CHRISTIAN PETERSEN/GETTY IMAGES

Prince Fielder

FIRST BASEMAN

If you're a newcomer to the game, and you're given a look at Fielder, your first thought is going to be, "He's an athlete?" But the impressive stats over six years prove Fielder's the real deal. Though incumbent 1B Adam Lind is possible trade bait, this is the sort of $150-175 million gamble that helped sink the previous GM. Anthopoulos isn't going to take it. **Odds 75-1.**

KEVORK DJANSEZIAN/GETTY IMAGES

Yu Darvish

STARTING PITCHER

Anthopoulos visited Japan to scout the 25-year-old right-hander who some have compared to Justin Verlander. This is the sort of acquisition Anthopoulos loves — an elite, fully developed player who costs money but not draft picks. It will be a lot of money, likely well north of $125 million between the posting fee and contract. But it would give the Jays a second star at the top of the rotation. **Odds 5-2.**

MATT SLOCUM/THE ASSOCIATED PRESS

Albert Pujols

FIRST BASEMAN

After what was, by his own ludicrous standards, an off year (.299 AVG/.366 OBP/.541 SLG), Pujols is still the ultimate free-agent statement.
However, Anthopoulos would certainly and quite rightly shy away from agent Dan Lozano's "just above A-Rod (10 years, $275 million)" demands. Anthopoulos already ranks offence as the team's No. 1 strength. **Odds 100-1.**

JONATHAN DANIEL/GETTY IMAGES

Aaron Hill
Kelly Johnson

SECOND BASEMEN

The Jays have been looking inwards and evaluating their own roster. By that rationale, Hill may be the better fit. His replacement, Johnson, showed little in Toronto. Hill, by contrast, played well in 33 regular-season games with Arizona (.315/.386/.492). If Arizona doesn't pick up Hill's $8 million option, he could return. **Odds on Johnson 10-1. Odds on Hill 3-1.**

JIM MCISAAC/GETTY IMAGES

Jose Reyes

SHORTSTOP

It's a long shot, but Toronto could offer the mercurial Met a slightly less heated atmosphere and a strongly Latino clubhouse. Could Reyes play second? Probably. Would he want to strong-arm incumbent Yunel Escobar out of his spot at shortstop? Even more probably. From a purely offensive perspective, it'd be a nice problem to have. **Odds 25-1**

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NATIONAL HOCKEY LEAGUE

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	13	8	3	1	1	39	28	18	4-1-1-0	4-2-0-1	6-3-1-0	L1
d-Toronto	11	7	3	1	0	36	35	15	5-0-1-0	2-3-0-0	6-3-1-0	L1
d-Washington	9	7	2	0	0	35	23	14	5-0-0-0	2-2-0-0	7-2-0-0	L2
Ottawa	12	7	5	0	0	39	45	14	5-2-0-0	2-3-0-0	7-3-0-0	W6
Philadelphia	11	6	4	1	0	43	36	13	3-3-1-0	3-1-0-0	5-4-1-0	W1
Florida	11	6	4	0	1	29	29	13	2-1-0-1	4-3-0-0	5-4-0-1	L1
Buffalo	10	6	4	0	0	29	22	12	2-3-0-0	4-1-0-0	6-4-0-0	L1
Tampa Bay	11	5	4	0	2	33	35	12	3-1-0-0	2-3-0-2	4-4-0-2	W1
NY Rangers	10	4	3	1	2	25	24	11	1-1-0-1	3-2-1-1	4-3-1-2	W1
Carolina	11	4	4	2	1	28	35	11	2-1-0-1	2-3-2-0	4-3-2-1	L1
Montreal	11	4	5	1	1	29	30	10	2-3-1-1	2-2-0-0	4-4-1-1	W1
New Jersey	9	4	4	0	1	20	24	9	2-1-0-1	2-3-0-0	4-4-0-1	L2
Winnipeg	11	4	6	0	1	30	39	9	2-2-0-0	2-4-0-1	4-5-0-1	W1
NY Islanders	9	3	4	1	1	18	23	8	3-2-1-0	0-2-0-1	3-4-1-1	L5
Boston	10	3	7	0	0	22	25	6	2-5-0-0	1-2-0-0	3-7-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	11	8	3	0	0	28	23	16	5-1-0-0	3-2-0-0	7-3-0-0	W1
d-Edmonton	11	7	2	0	2	25	18	16	5-1-0-1	2-1-0-1	6-2-0-2	W5
d-Chicago	10	6	2	0	2	32	25	14	4-0-0-2	2-2-0-0	6-2-0-2	W1
Colorado	11	7	4	0	0	32	29	14	1-3-0-0	6-1-0-0	7-3-0-0	W1
Los Angeles	11	6	3	1	1	26	22	14	3-2-0-0	3-1-1-1	5-3-1-1	L2
San Jose	10	6	4	0	0	30	26	12	1-2-0-0	5-2-0-0	6-4-0-0	L1
Phoenix	10	5	3	0	2	30	30	12	3-2-0-1	2-1-0-1	5-3-0-2	W2
Nashville	10	5	4	0	1	24	26	11	2-2-0-1	3-2-0-0	5-4-0-1	W2
Minnesota	10	4	3	2	1	21	23	11	3-2-1-0	1-1-1-1	4-3-2-1	W1
Vancouver	11	5	5	0	1	31	33	11	3-2-0-1	2-3-0-0	5-5-0-0	W1
Anaheim	11	5	5	0	1	22	29	11	3-2-0-0	2-3-0-1	5-4-0-1	L2
Detroit	9	5	4	0	0	22	23	10	3-1-0-0	2-3-0-0	5-4-0-0	L4
St. Louis	11	5	6	0	0	28	31	10	2-1-0-0	3-5-0-0	5-5-0-0	L2
Calgary	9	4	4	1	0	22	23	9	3-2-1-0	1-2-0-0	4-4-1-0	W2
Columbus	12	2	9	0	1	28	40	5	2-3-0-1	0-6-0-0	2-7-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Winnipeg 4 Florida 3 (SO)
N.Y. Rangers 5 San Jose 2
Nashville at Chicago
Sunday's results
Ottawa 3 Toronto 1
Edmonton 4 St. Louis 2
Colorado 3 Los Angeles 2
Columbus 3 Anaheim 1
Tonight's games
All Times Eastern
Ottawa at Boston, 7 p.m.
Anaheim at Washington, 7:30 p.m.
Tampa Bay at Carolina, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Vancouver at Calgary, 9 p.m.
Tomorrow's games
Philadelphia at Buffalo, 7:30 p.m.
Toronto at New Jersey, 7:30 p.m.
Phoenix at Colorado, 9:30 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	10	8	18
Vanek, Buf	8	7	15
Giroux, Pha	7	8	15
Spezza, Ott	7	8	15
Kopitar, LA	6	8	14
Pominville, Buf	5	9	14
Michalek, Ott	7	6	13
D.Sedin, Vcr	4	9	13
H.Sedin, Vcr	4	9	13
Karlsson, Ott	1	12	13
Backstrom, Wash	2	10	12
M.Bergeron, TB	2	10	12
Neal, Pgh	9	2	11
Pavelski, SJ	7	4	11
Tavares, NYI	7	4	11
Lupul, Tor	5	6	11
Nugent-Hopkins, Edm	5	6	11
Hartnell, Pha	4	7	11
Phaneuf, Tor	2	9	11
Letang, Pgh	1	10	11

Not including last night's games

JETS 4, PANTHERS 3 (SO)

First Period
1. Winnipeg, Wellwood 5 (Ladd, Stuart) 3:44
2. Winnipeg, Kane 3 (Antropov, Bogosian) 9:58 (pp)
3. Florida, Garrison 5 (Campbell, Fleischmann) 19:40
Penalties — Upshall Fla (elbowing) 8:40, Byfuglien Wpg (high-sticking) 12:57.
Second Period
No Scoring.
Penalties — McArdle Wpg (hooking) 5:39, Byfuglien Wpg (double roughing) 16:22.
Third Period
4. Florida, Fleischmann 4 (Weaver, Versteeg) 3:13
5. Florida, Fleischmann 5 (Kulikov, Campbell) 17:50 (pp)
6. Winnipeg, Kane 4 (Wellwood, Bogosian) 19:10
Penalties — Ladd Wpg, Skille Fla (fighting) 2:10, Kulikov Fla (high-sticking) 12:54, Wheeler Wpg (holding) 16:50.
Overtime
No Scoring.
Penalty — Bogosian Wpg (kneeing) 5:00.
Shootout
Winnipeg wins 2-0
Winnipeg (2) — Stapleton, miss; Ladd, goal; Wellwood, goal.
Florida (0) — Versteeg, miss; Santorelli, miss.

Shots				
Winnipeg	7	9	12	3—31
Florida	20	9	11	2—42

Goal — Winnipeg: Pavelec (W,3-4-1); Florida: Theodore (L,4-2-1). **Power plays (goals-chances)** — Winnipeg: 1-2; Florida: 1-5.
Referees — Tom Kowal, Francois St. Laurent.
Linesmen — Brad Kovachik, Andy McElman.
Att. — 11,855 (17,040) at Sunrise, Fla.

NFL

WEEK EIGHT

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	5	2	0	.714	211	147
New England	5	2	0	.714	202	160
N.Y. Jets	4	3	0	.571	172	152
Miami	0	7	0	.000	107	166

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	3	0	.625	206	145
Tennessee	4	3	0	.571	139	145
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	8	0	.000	121	252

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	6	2	0	.750	176	139
Cincinnati	5	2	0	.714	171	123
Baltimore	5	2	0	.714	185	110
Cleveland	3	4	0	.429	107	140

WEST

	W	L	T	Pct	PF	PA
San Diego	4	2	0	.667	141	136
Oakland	4	3	0	.571	160	178
Kansas City	3	3	0	.500	105	150
Denver	2	5	0	.286	133	200

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	174	164
Philadelphia	3	4	0	.429	179	152
Dallas	3	4	0	.429	156	162
Washington	3	4	0	.429	116	139

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	5	3	0	.625	260	189
Tampa Bay	4	3	0	.571	131	169
Atlanta	4	3	0	.571	158	163
Carolina	2	6	0	.250	187	207

NORTH

	W	L	T	Pct	PF	PA
Green Bay	7	0	0	1.000	230	141
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	1	0	.857	187	107
Seattle	2	5	0	.286	109	162
St. Louis	1	6	0	.143	87	192
Arizona	1	6	0	.143	143	183

Byes: Atlanta, Chicago, Green Bay, N.Y. Jets, Oakland, Tampa Bay
Last night's result
San Diego at Kansas City
Sunday's results
Tennessee 27 Indianapolis 10
St. Louis 31 New Orleans 21
Houston 24 Jacksonville 14
N.Y. Giants 20 Miami 17
Minnesota 24 Carolina 21
Baltimore 30 Arizona 27
Detroit 45 Denver 10
Buffalo 23 Washington 0
San Francisco 20 Cleveland 10
Cincinnati 34 Seattle 12
Pittsburgh 25 New England 17
Philadelphia 34 Dallas 7

SOCCER

MLS PLAYOFFS

All Times Eastern

EASTERN CONFERENCE

SEMIFINALS
Sporting Kansas City vs. Colorado
Sunday's result
Kansas City 2 Colorado 0
Tomorrow's game
Colorado at Sporting Kansas City, 7 p.m.
Houston vs. Philadelphia
Sunday's result
Houston 2 Philadelphia 1
Thursday's game
Philadelphia at Houston, 8:30 p.m.

WESTERN CONFERENCE

SEMIFINALS
Los Angeles vs. New York
Sunday's result
Los Angeles 1 New York 0
Thursday's game
New York at Los Angeles, 11 p.m.
Seattle vs. Real Salt Lake
Saturday's result
Real Salt Lake 3 Seattle 0
Tomorrow's game
Real Salt Lake at Seattle, 10 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man City	10	9	1	0	36	8	28
Man United	10	7	2	1	27	12	23
Newcastle	10	6	4	0	15	7	22
Chelsea	10	6	1	3	23	15	19
Tottenham	9	6	1	2	18	14	19
Liverpool	10	5	3	2	14	10	18
Arsenal	10	5	1	4	20	21	16
Norwich	10	3	4	3	14	15	13
Aston Villa	10	2	6	2	13	13	12
Swansea	10	3	3	4	12	15	12
Stoke	10	3	3	4	8	14	12
QPR	10	3	3	4	8	17	12
West Brom Albion	10	3	2	5	9	13	11
Sunderland	10	2	4	4	14	12	10
Fulham	10	2	4	4	13	12	10
Everton	9	3	1	5	10	13	10
Wolverhampton	10	2	2	6	9	17	8
Blackburn	10	1	3	6	13	23	6
Bolton	10	2	0	8	13	27	6
Wigan	10	1	2	7	6	17	5

Yesterday's result
Stoke 1 Newcastle 3

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	10	8	1	1	32	6	25
Barcelona	10	7	3	0	32	4	24
Levante	10	7	2	1	17	7	23
Valencia	10	6	3	1	15	8	21
Sevilla	10	4	5	1	11	8	17
Malaga	10	5	1	4	12	14	16
Espanyol	10	5	0	5	9	13	15
Osasuna	10	3	5	2	13	17	14
Athletic Bilbao	10	3	4	3	15	12	13
Atletico Madrid	10	3	4	3	12	11	13
Rayo Vallecano	10	3	3	4	10	13	12
Real Betis	10	4	0	6	10	15	12
Villarreal	10	2	4	4	9	17	10
Mallorca	10	2	3	5	8	16	9
Zaragoza	10	2	3	5	10	20	9
Real Sociedad	10	2	2	5	9	13	8
Sporting Gijon	10	2	2	6	8	14	8
Racing Santander	10	1	5	4	7	15	8
Granada	10	2	2	6	4	12	8
Getafe	10	1	4	6	9	16	7

Yesterday's result
Sevilla 1 Granada 2

EUROPEAN CHAMPIONS LEAGUE

All Times Eastern

FIRST ROUND

(home teams listed first)

GROUP A

	GP	W	D	L	GF	GA	Pt
Bayern Munich	3	2	1	0	5	1	7
Napoli	3	1	2	0	4	2	5
Manchester City	3	1	1	1	3	4	4
Villarreal	3	0	0	3	1	6	0

Tomorrow's games
Bayern Munich vs. Napoli, 3:45 p.m.
Villarreal vs. Manchester City, 3:45 p.m.

GROUP B

	GP	W	D	L	GF	GA	Pt
Inter Milan	3	2	0	1	4	3	6
CSKA Moscow	3	1	1	1	7	5	4
Trabzonspor	3	1	1	1	2	4	4
Lille	3	0	2	1	3	4	2

Tomorrow's games
Trabzonspor vs. CSKA Moscow, 3:45 p.m.
Inter Milan vs. Lille, 3:45 p.m.

GROUP C

	GP	W	D	L	GF	GA	Pt
Benfica	3	2	1	0	4	1	7
Manchester United	3	1	2	0	6	4	5
FC Basel	3	1	1	1	5	6	4
Otelul Galati	3	0	0	3	1	5	0

Tomorrow's games
Manchester United vs. Otelul Galati, 3:45 p.m.
Benfica vs. FC Basel, 3:45 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pt
Real Madrid	3	3	0	0	8	0	9
Ajax	3	1	1	1	2	3	4
Lyon	3	1	1	1	2	4	4
Dinamo Zagreb	3	0	0	3	0	5	0

Tomorrow's games
Lyon vs. Real Madrid, 3:45 p.m.
Ajax vs. Dinamo Zagreb, 3:45 p.m.

GROUP E

	GP	W	D	L	GF	GA	Pt
Chelsea	3	2	1	0	8	1	7
Bayer Leverkusen	3	2	0	1	4	3	6
Valencia	3	0	2	1	2	3	2
Genk	3	0	1	2	0	7	1

Today's games
Valencia vs. Bayer Leverkusen, 3:45 p.m.
Genk vs. Chelsea, 2:45 p.m.

GROUP F

	GP	W	D	L	GF	GA	Pt
Arsenal	3	2	1	0	4	2	7
Marseille	3	2	0	1	4	1	6
Olympiakos	3	1	0	2	4	4	3
Borussia Dortmund	3	0	1	2	2	7	1

Today's games
Arsenal vs. Marseille, 3:45 p.m.
Borussia Dortmund vs. Olympiakos, 3:45 p.m.

GROUP G

	GP	W	D	L	GF	GA	Pt
APOEL	3	1	2	0	4	3	5
Zenit St. Petersburg	3	1	1	1	6	5	4
FC Porto	3	1	1	1	4	5	4
Shakhtar Donetsk	3	0	2	1	4	5	2

Today's games
Zenit St. Petersburg vs. Shakhtar Donetsk, 1 p.m.
APOEL vs. Porto, 3:45 p.m.

GROUP H

	GP	W	D	L	GF	GA	Pt
Barcelona	3	2	1	0	9	2	7
AC Milan	3	2	1	0	6	2	7
Viktoria Plzen	3	0	1	2	1	5	1
BATE Borisov	3	0	1	2	1	8	1

Today's games
BATE Borisov vs. AC Milan, 2:45 p.m.
Viktoria Plzen vs. Barcelona, 2:45 p.m.

TENNIS

ATP VALENCIA OPEN 500

At Valencia, Spain
Singles
First Round
Nikolay Davydenko, Russia, def. Gilles Simon (5), France, 6-4, 4-6, 6-3.
Vasek Pospisil, Vernon, B.C., def. John Isner, U.S., 6-3, 3-6, 7-6 (9).
Fabio Fognini, Italy, def. Daniel Gimeno-Traver, Spain, 6-4, 6-3.
Nicolas Mahut, France, def. Guillermo Garcia-Lopez, Spain, 7-6 (5), 6-2.
Doubles
First Round
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (4), Pakistan, def. Nicolas Almagro and Pablo Andujar, Spain, 6-3, 7-5.
Marcel Granollers and Marc Lopez, Spain, def. Juan Ignacio Chela and Juan Monaco, Argentina, 6-4, 7-6 (2).
Daniel Gimeno-Traver and Pere Riba, Spain, def. Feliciano Lopez and Fernando Verdasco, Spain, 3-6, 6-4, 12-10 (tiebreak).

ATP DAVIDOFF SWISS INDOORS

At Basel, Switzerland
Singles
First Round
Roger Federer (3), Switzerland, def. Potito Starace, Italy, 7-6 (3), 6-4.
Marcos Baghdatis, Cyprus, def. Viktor Troicki (8), Serbia, 4-6, 7-6 (8), 6-2.
Mikhail Kukushkin, Kazakhstan, def. Donald Young, U.S., 6-4, 6-2.
Doubles
First Round
Michael Llodra, France, and Nenad Zimonjic (1), Serbia, def. Michael Lammer and Alexander Sadecky, Switzerland, 6-3, 7-6 (10).
Mardy Fish and Andy Roddick, U.S., def. Lukasz Kubot, Poland, and Radek Stepanek, Czech Republic, 6-3, 6-7 (5), 11-9 (tiebreak).

CFL

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Winnipeg	17	10	7	0	408	402	20
x-Montreal	17	10	7	0	514	425	20
x-Hamilton	17	8	9	0	465	445	16
Toronto	17	5	12	0	364	482	10

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-B.C.	17	10	7	0	468	384	20
x-Edmonton	17	10	7	0	404	381	20
x-Calgary	17	10	7	0	481	452	20
Saskatchewan	17	5	12	0	326	459	10

x — clinched playoff berth.
WEEK 18
Sunday's result
Calgary 32 Montreal 27
Saturday's results
B.C. 29 Edmonton 20
Saskatchewan 19 Hamilton 3
Friday's result
Toronto 27 Winnipeg 22
WEEK 19
All Times Eastern
Thursday's game
Hamilton at Toronto, 7:30 p.m.
Friday's game
Saskatchewan at Edmonton, 9 p.m.
Saturday, Nov. 5
Winnipeg at Calgary, 4 p.m.
Montreal at B.C., 10 p.m.
END OF REGULAR SEASON

Argos not ready to forgive Bomber's 'dirty' hit

Winnipeg defensive back Sears to speak with CFL commissioner about delivering head-to-head shot to Jyles

Winnipeg Blue Bombers defensive back Johnny Sears will try to defend his hit on Steven Jyles to the Canadian Football League today, but in the court of the Toronto Argonauts he has already been found guilty.

Argo players didn't hold back in expressing their disapproval of Sears' hit, which knocked Jyles out of Friday's game in Winnipeg. Sears delivered a head-first shot to Jyles' head as the Argo quarterback slid feet-first after a 12-yard gain in a 27-22 victory.

Jyles, who is still being assessed for a possible concussion and sat out practice yesterday, called the hit "dirty."

"Getting hit is a part of the game," Jyles said. "What this guy did is dirty.

"He didn't, not once, come to apologize or say 'Hey, man I didn't mean to do that.' Not once, so I took it that he intended to do it."

"I'll never have any respect for that guy, never, as long as he's playing in this league. I put it behind me, but as far as that guy himself, I don't even want to say his name."

Linebacker Jason Pottinger, who was ejected from the game along with Sears for leaving the bench, called it a dirty hit and noted that regardless of intent it is illegal for a tackler to lead with his head.

Pottinger didn't back off when asked if the incident is over.

"It's over for this year," he said. "Any retaliation will be 100 per cent within the rulebook because we're not the type of team that's going to take any cheap shots.

"Just tell him to keep his head on a swivel. A legit hit within the rulebook may come."

TORSTAR NEWS SERVICE

Twitter probe

The league said it is looking into Twitter comments made by injured Argo linemen Rob Murphy and Taylor Robertson.

- Winnipeg head coach Paul LaPolice urged the league to investigate what he said were threats.

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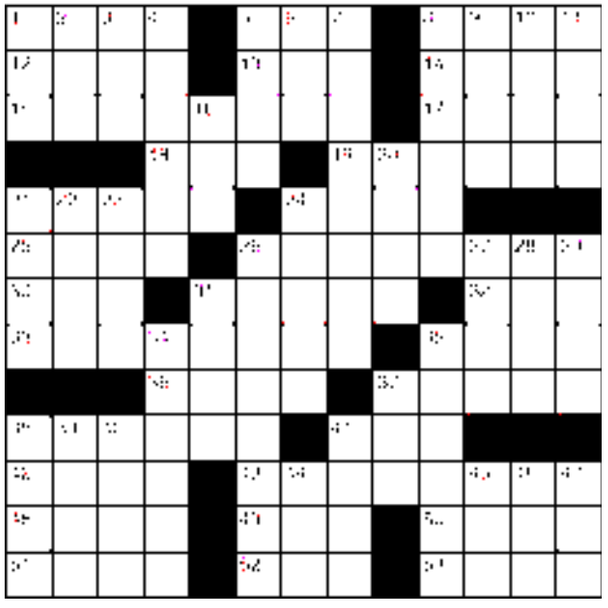
Crossword



Across

1 Grand tale
5 Sprite
8 Hindu princess
12 Surrealist Joan
13 Alt. sp., in crosswords
14 — out (supplemented)
15 Herd's headlong rush
17 String instrument
18 Chaps
19 Climb a pole, perhaps
21 Be philanthropic
24 Brogan or oxford
25 Adolescent
26 Glasses, often
30 Piercing tool
31 Foolish person, slangily
32 Scarlet
33 Incentive
35 Make one's way
36 Oodles
37 Substantial
38 Oats-nuts-fruit mix
41 Fix the soundtrack
42 Eye part
43 Tripped
48 Indira's wrap
49 Youngster
50 Simple
51 Staff leader?
52 Tofu source
53 Memorization method

Down

1 Type measures
2 Foxhole
3 Savings acronym
4 Usual
5 Tied
6 Boy
7 Rejuvenates
8 Critic's write-up
9 Related (to)
10 Night light?
11 Without acting
16 Church seating
20 Comfortable, as accommodations (Var.)
21 Greek vowels
22 Mr. Gingrich
23 Sandwich shop
24 Portly
26 Helpless ones?
27 Vicinity
28 Landlord's due
29 Vortex
31 Seabird
34 Mountain range
35 Andrew Lloyd —
37 Silent
38 Uncategorizable (Abbr.)
39 Kazakhstan river
40 Ireland
41 Responsibility
44 Also
45 "7 Faces of Dr. —"
46 Superlative ending
47 Colouring agent

▶ Yesterday's answer

Sudoku

3			1		2			
1	6						9	7
	8			6		4		
	4		9	7				2
		3				7		
9				5	3		8	
		2		9			7	
4	5						6	8
			5		6			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	3	9	4	5	5	2	7
7	2	4	5	3	1	8	6	9
9	5	8	7	2	6	1	3	4
5	8	9	2	1	4	6	7	3
3	1	2	6	9	7	4	8	5
6	4	7	8	5	3	9	1	2
2	7	5	1	6	9	3	4	8
8	3	6	4	7	5	2	9	1
4	9	1	3	8	2	7	5	6

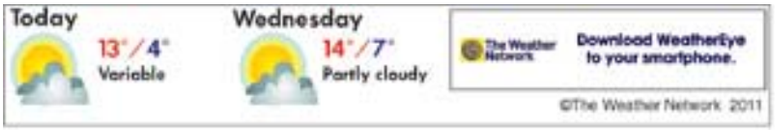
Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Samantha L. Jackson, I know you are well, and doing great. Was thinking of you, as I do everyday. Love you greatly~
VANCOUVER-EX

Christian, Here's to two years of pure bliss. Thank you for all the late nights you stayed up just to chat with me. I love you more than anything in this world. I know that you will always be the one who brightens my day.
YOUR LITTLE SHISHI

MoonGal, Ever since I have seen you, I knew you are the most beautiful woman on this universe. I easily get hypnotized by your look. That smile of yours is the reason why I keep shining everyday. Love you always n forever. Don't ever be sad, Keep glowing:)
THE SUN



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you are being offered may be tempting but think carefully before accepting.

♉ Taurus April 21-May 21 Act as if you own the world today, and everyone will believe that you do.

♊ Gemini May 22-June 21 You will get the chance to make a breakthrough of some kind over the next 24 hours.

♋ Cancer June 22-July 22 You seem remarkably confident at the moment and creatively and professionally there is precious little you cannot do. Select your most important goal and focus on it.

♌ Leo July 23-Aug.23 No matter what you have done wrong you will be forgiven — provided you hold up your hand and admit your mistake.

♍ Virgo Aug. 24- Sept. 22 The more you socialize the more you achieve.

♎ Libra Sept. 23-Oct. 23 You worked hard for what you earned – it's OK to work hard spending it too.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time trying to get other people's approval for your plans.

♐ Sagittarius Nov. 23-Dec. 21 Your mind builds your future.

♑ Capricorn Dec. 22-Jan. 20 There are lots of people who share your vision — so why not share the workload too?

♒ Aquarius Jan. 21-Feb. 18 You will surprise a few people today by how well you deal with challenges of one sort or another.

♓ Pisces Feb. 19-March 20. You are in no mood to let other people dictate what you can and cannot believe in, and that's good because some of your ideas are so controversial the powers that be may get upset.

SALLY BROMPTON

Caption contest

RALPH ORLOWSKI/GETTY IMAGES

ROB O'NEAL/AP-FLORIDA KEYS NEWS BUREAU

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